红楓傳奇

Chinese CANADIAN LEGEND

砥礪奮進締傳奇

Strive to Thrive

35
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4(2025)
NADA_HK

2025

二十四輯

olume 24

2025年度红枫傳奇人物

陳廷文　用醫學點亮生命的“更多可能”
馮溥倫　打破偏見的精神病醫生
林耀西　鋪就坦途，築夢天下
李蘭馨　理性與溫情
溫紹昌　靜水流深
黃何潔儀　守護夕陽，播種朝陽

Chinese Canadian Legends Association
紅楓傳奇協會

榮譽出版及發行

红枫傳奇
Chinese Canadian Legend

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STRIVE TO THRIVE

砥礪奮進締傳奇

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Chinese Canadian Legend 2025

presented by

Chinese Canadian Legends Association

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黃何潔儀 Stephanie Wong 90

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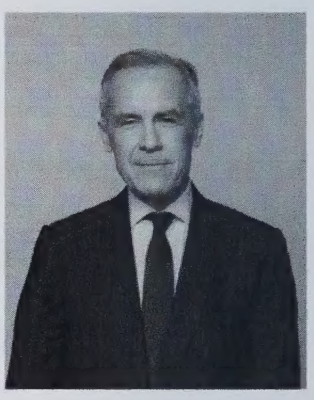
賀辭
Greetings

PRIME MINISTER · PREMIER MINISTRE



I would like to convey my warmest greetings to everyone attending the 24th Chinese Canadian Legends Association Award Gala.

This annual event provides a wonderful opportunity to pay tribute to outstanding Chinese Canadians. I would like to congratulate everyone being honoured tonight. Your tremendous accomplishments make you most deserving of this special recognition and serve as an inspiration to us all.

I would also like to thank the Chinese Canadian Legends Association for its commitment to fostering fellowship in the community and for celebrating the diversity that enriches our nation.

I wish you an enjoyable and memorable gala.

The Right Honourable Mark Carney, P.C., O.C., M.P.
Prime Minister of Canada

Ottawa
2025

贺辞
Greetings

中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Ontario, Canada. M5R 2N5 Tel:416-964-7260 Fax:416-324-6468

贺 词

值此第24届“红枫传奇”颁奖典礼举办之际，我谨代表中国驻多伦多总领事馆致以热烈祝贺。

长期以来，加拿大华侨华人秉承中华民族优秀传统，扎根当地、干事创业，在各行各业取得突出成就，同时积极奉献社区、回馈社会。红枫传奇获奖者正是其中的优秀代表，充分彰显砥砺奋进、多元共融的核心价值。

红枫传奇不仅在于表彰过去，更在于启迪未来。相信获奖者的榜样力量将激励更多后来者薪火相传，书写华人更多励志传奇故事。

祝2025年“红枫传奇”奖圆满成功。

中华人民共和国驻多伦多总领事

2025年7月19日

賀♡辭
Greetings

PREMIER
OF MANITOBA

Legislative Building
Winnipeg, Manitoba R3C 0V8
CANADA

A MESSAGE FROM THE PREMIER

On behalf of the Government of Manitoba, it is my great honour to bring greetings to the 24th Chinese Canadian Legend Award Gala.

Manitoba is proud to have a strong Chinese community with a rich history in our province. Chinese Manitobans contribute so much to Manitoba, and are a deeply valued part of our social, economic, political and cultural fabric. As Premier of Manitoba, I'm humbled to join you in celebrating the achievements of Chinese Canadians during celebrations like this, and every day of the year.

The Chinese Canadian Legend Award is a wonderful way to recognize outstanding Canadians who are members of the Chinese community. I want to offer my sincere congratulations to all this year's honourees. On behalf of all Manitobans, thank you for your contributions to Canada. I wish you all a joyful evening of celebration.

The Honourable Wab Kinew
Premier of Manitoba

A MESSAGE *from* PREMIER DAVID EBY

As Premier of British Columbia, I am pleased to extend warm greetings to the readers of the 24th volume of the *Chinese Canadian Legend* series.

Since 2000, the Chinese Canadian Legend awards have provided a fantastic opportunity to recognize exceptional Chinese Canadians who have greatly contributed to their communities and Canada as a whole. This book series shares the stories of six inspiring individuals honoured at this event each year and shines a spotlight on the trails they have blazed, challenges they have overcome and their incredible achievements. As drivers of positive change, each recipient has shown themselves to be strong examples of leaders and role models in Chinese Canadian communities across the country.

Chinese Canadians have played an important role in shaping the history of BC and Canada, and they continue to enrich our communities in many ways. We are strengthened by our multiculturalism, and this is a wonderful opportunity to showcase the immeasurable value that each individual brings to our society.

I would like to thank the Chinese Canadian Legends Association for organizing this event and for ensuring that these people receive the recognition they deserve. To the legends being honoured, I would like to congratulate each of you and thank you for inspiring future generations.

I wish all those in attendance a memorable and uplifting awards gala!

Honourable David Eby, KC
Premier of British Columbia

賀辭
Greetings

Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

A Message from the Premier

On behalf of the Government of Saskatchewan, I am pleased to welcome everyone attending the 2025 Chinese Canadian Legend Award Gala.

The Chinese Canadian Legends Association (CCLA) does important work to celebrate and acknowledge Chinese Canadians and their contributions to this country. This represents what our nation is all about - community, hard work, and going the extra mile to help others.

Congratulations to all of this year's nominees and recipients. Their contributions cover many fields, and are all significant in their own right. They embody a level of excellence we should all strive for.

Thank you to the CCLA for organizing this year's event, and for their long-time efforts to bring together and celebrate excellence in Canada's diverse communities. Thank you to the presenters, volunteers, and sponsors who continue to make this event possible year after year.

Best wishes.

Scott Moe
Premier

賀辭
Greetings

MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to send greetings for the 24th Chinese Canadian Legend Award Gala.

Each year, this event highlights the incredible contributions and achievements of Chinese Canadians, in a wide range of fields. Their efforts enrich our communities, move us forward and help make life better for people here in our country and around the world. The hard work, ingenuity and vision of these Legends is inspiring, and their successes serve as wonderful reflection of the power of Canada's diversity: We have so much we can learn from one another, and we are stronger together.

Congratulations to the 2025 award winners and thank you for all you do. Please accept my very best wishes as you celebrate this honour with your loved ones.

I appreciate the Chinese Canadian Legends Association's commitment to promote and recognize the achievements and strengthen the contributions of Chinese Canadians. Thank you for making these awards possible.

Have a wonderful evening!

Honourable Danielle Smith, Premier of Alberta

MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

"The brightest stars shine in the darkest skies."

Chinese Canadian Legend celebrates the power of courage, perseverance and inspiration. Each of the individuals being honored has demonstrated the courage and perseverance to rise above challenges and bloom in the face of adversity. They are the stars who shine the brightest even in the darkest of times.

Our theme for this year is "Strive to Thrive".

Chinese Canadian Legend award recipients are those who have not only strived to thrive for individual success, but have also inspired others to navigate through pain, rise from failure, and help shape a better world.

In these times of challenges and uncertainties, let's strive to thrive together and make Canada strong, compassionate and free.

舉辦『紅楓傳奇』人物選拔的目的，是藉著表揚對社會有卓越貢獻的傳奇人物，激勵大家發揮"積極面對人生、逆境自強及愛心助人"的紅楓精神。2025『紅楓傳奇』的主題是「砥礪奮進締傳奇」，每位『紅楓傳奇』獲獎者，皆憑著努力不懈的精神，堅毅不拔的意志，在逆境中歷經磨練，最終取得成功。期望透過分享這些感人至深、砥礪奮進的傳奇故事，激勵大家勇於築夢奮鬥，堅韌前進，成就理想，締造精彩的人生傳奇。

顏惠霞

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair

MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

Once again this year, it is my honour to serve as Co-Chair of the Organizing Committee for the Chinese Canadian Legend Award.

Established in 2000, the Chinese Canadian Legend Award celebrates the outstanding achievements of individuals locally, globally, and within their communities. Since its inception, 142 remarkable individuals have been recognized, and 23 biographical books have been published to share their unique and inspiring stories.

Each year, selecting only six recipients proves to be a difficult task, as so many are deserving of recognition. Tonight, we are proud to share the stories of the 2025 Chinese Canadian Legend Award recipients and celebrate their achievements and contributions.

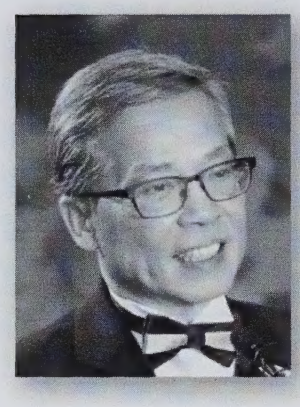
Though each of this year's honourees has a unique story, it is their resilience, determination and selfless contributions that distinguish them as leaders and role models.

The theme of this year's event, "Strive to Thrive," further highlights the perseverance and strength these individuals have shown in the face of adversity. Their success reminds us that determination and dedication can create a lasting impact and inspire others to follow in their footsteps.

I hope this annual award will continue to honour and highlight the outstanding members of our community and inspire future generations to carry forward this legacy of excellence and service.

Finally, I would like to extend my thanks to the committee members and dedicated volunteers whose time, energy, and passion have ensured that the Chinese Canadian Legend Award remains one of the most prestigious and influential awards within the Chinese Canadian community.

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

The Chinese Canadian Legend Award is privileged to be widely recognized year after year as one of the most distinguished symbols of service excellence in Canada. This prestigious award is bestowed annually on Chinese Canadians who have made tremendous contributions to our communities and who will also serve as examples for others to follow in their footsteps.

For 2025, many nominations were received from across the country from various community leaders and volunteers. We thank them all for their continued support of this program.

Upholding the critical values of integrity, impartiality, thoroughness, and confidentiality, the Selection Committee, comprising 23 members, diligently studied and reflected on this year's award nominees and their unique life experiences, which enabled their extensive contributions to society in the local community, our country, or globally. The use of concealed nominee names and an independent auditor who scrutinized the selection process ensured objectivity through the process and compliance with our diversity and inclusion policy. We trust the confidence from stakeholders in our selection process has been maintained.

In this book, the fantastic stories of this year's six award recipients are told. We hope the actions of these six community leaders, our precious role models, will inspire and motivate many others around them to pursue a similar path of making this a better world for everyone.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee

MESSAGE FROM THE PRESIDENT

History never repeats itself, but the Chinese Canadian Legend (CCL) Award certainly does! By bringing together year after year a host of exemplary figures who would inspire us with their journey to achievements and contributions, the Award itself has become an annual highlight in the Chinese Canadian community as well as the multicultural arena in Canada.

With 23 years behind us, the vibrant mix and diversity of Awardees selected each year never repeats itself either! This year alone, we see 6 individuals from the widest sphere, making indelible impact in the medical, social, legal, entrepreneurial and architectural field. Altogether, they have advanced the well-being of humanity in every imaginable way.

In times when what seems matters is to survive, they show us how one can "Strive to Thrive" despite the circumstances, challenges, and constraints. The underlying spirit that drive them prove to be their strong conviction, commitment, and resilience.

Such a spirit is also shared by CCLA as we carry forward our vision and mission, marking our 24th anniversary this year and charging toward our grand 25th. Our team has been as strong as ever, having garnered valuable insights from the past to navigate the complexities of the present and unknowns of the future.

Our advisory committee, previous Award recipients, and a dedicated team of volunteers crossing different generations have once again put together the most prestigious Award and spectacular Gala. We are most honoured to have unwavering support and involvement of the community at large through our journey.

We have every reason to celebrate the fruits of our labour from striving and thriving!

Bammy Wong

President
Chinese Canadian Legends Association

紅楓傳奇協會
CHINESE CANADIAN LEGENDS ASSOCIATION

Advisory Committee

Honourary Chair:	Honourable Dr. Vivienne Poy
Honourary Advisor:	Honourable Dr. Philip Lee
Advisors:	Sunny Ho
	Dr. Arthur Lau
	Lusan Li
	Dr. Ying Lu
	Kenny Wan

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Chinese Canadian Legends Association
紅楓傳奇協會

The mission of Chinese Canadian Legends Association (CCLA) is to promote and facilitate intercultural understanding and mutual respect for diversified communities; to promote and recognize the achievements and strengthen the contributions of Chinese Canadians.

It was established in 2019 to carry on the work of Asian Business Network Association (ABNA) in organizing the Chinese Canadian Legend Award. In 2000, ABNA initiated the Award to recognize and honour Chinese Canadians who have attained outstanding achievements and significant contributions to our global community and Canada.

With the acknowledgment, participation and support from awardees and community over the years, the Award itself has become one of the most prestigious, influential and distinct awards. Taking into consideration well-meaning suggestions and the nature of the Award being more literary than business-oriented, CCLA was formed to dedicate to its own cause.

Each year, award recipients receive accolades with the presentation of an award at the Award Gala and their inspiring stories are published in the Chinese Canadian Legend book series.

This collection of books is being kept in the Richard Charles Lee Canada-Hong Kong Library at the University of Toronto, as well as the libraries at University of Ottawa, University of British Columbia, Simon Fraser University, University of Victoria, McGill University and most universities in Hong Kong.

歷屆紅楓傳奇人物

AWARD RECIPIENTS

Chinese Canadian Legend 2000 - 2024

2024

趙叔榮	Wayne Chiu
鍾芳婷	Frances Chung
伍冰枝	Adrienne Clarkson
關麗蓮	Lillian Quan Dyck
劉永凱	Kai Liu
劉丕	Peter Liu

2023

何浩楷	Chester Ho
梁德威	David Leung
林風雲	James Lin
蒲育惠	Jenny Pu
丹尼爾・關-沃森	Daniel Quan-Watson
李本嫦	Sue Tang

2022

陳林瑞玲	Arlene Chan
吳振紅	Chan Hon Goh
梁立安	Danny Leung
盧少峯	Selwyn Lo
譚詠詩	Theresa Tam
黃明亮	Lenny Wong

2019

陳琛儀	Sam Chan
關志恒	Keith Kwan
關永添	Tim Kwan
李亮漢	Robert Lee
岑穎幹	Dominique Shum-Tim
武冰	Bing Wu

2018

陳飛鵬	Gabriel Fai Pond Chan
章曼慧	Angela Man-Wei Cheung
勵文灝	Irwin Li
黃黎浣纖	Susan Wong
胡元豹	Yuen Pau Woo
余瑞心	Winnie Yu

2017

陳家諾	Arnold Chan
陳聖源	Shaun Chen
何鴻毅	Robert H. N. Ho
許湯娛英	Shirley Hoy
李治平	Chi Ping Lee
施永輝	Benson Sy

2016

何志立	Sunny Ho
鄺國雄	Alan Kwong
郭清華	Annie Kwok
黎瞻遠	Jim Yuan Lai
劉聚富	Arthur Lau
鮑胡嫈儀	Teresa Woo-Paw

2015

陳秀蘭	Helen Chan
張明瑞	Thomas Chang
陳漢忠	John Chen
顏質燦	Chit-Chan Gunn
侯伯治	Alec Hou
李秀梅	Ida Li

2014

覃潤瓊	Grace Chum
黃思聰	Stephen Hwang
黎全恩	David Chuenyan Lai
林重慶	Victor Ling
吳慶華	Royson Ng
源植勉	Peter Yuen

2013

陳志動	Tung Chan
郭劍民	David Kuo
梁斐生	David Liang
吳祖	Joseph Ng
伍雋雄	Justin Poy

2012

周志明	Chi-Ming Chow
余嶽興	Joseph N.H. Du
李焯芬	Chack Fan Lee
李安邦	Jack Lee
蕭錦榮	Michael Siu
黃嘉勝	Albert Wong

2011

郭詠觀	Jason Kwok
彭純	Chun Peng
徐立之	Lap Chee Tsui
巫柏齡	Gordon Moe
蘇凌峰	Stanley So
楊龍寶娟	Judy Yeung

2010

李紹麟	Philip Lee
李金艷	Jinyan Li
路明光	Mingguang Lu
伍衛權	Neville G. Poy
黃永忠	Andrew W. Wong
周松年	Songnian Zhou

2009

陳萬華	M. K. Luk Chan
蔣羅婉笙	Audrey Chiang
邱映明	James Chiu
馮翁惜卿	Mina Yung-Fung
利德蕙	Vivienne Poy
蕭顯揚	Stephen Siu

2008

陳偉才	Glenn Chan
李趙素芳	Lusan Li
陸春雲	Frank Luk
何國慶	Gary Ho
盧英	Ying Lu
蔣薇	Amy Tjen

2007

張培德	Peter Pai-Tak Chang
洪嘉良	Collin Hong
李廖淑英	Maggie Suk Ying Lee
麥德華	Tak-Wah Mak
莫樹錦	Tony Shu Kam Mok
溫建業	Kenny Wan

2006

許志榮	John C. Hui
吳永光	Nelly Ng
黃綺銖	Judy San
徐惠芬	Viginia Tsui

2005

歐陽健昌	Dennis Au-Yeung
古偉凱	Tony Ku
封賴桂霞	Cynthia Lai
林鳳輝	Fung Fai Lam
梁健文	John Leung
伍啟榮	Albert Kai-Wing Ng

2004

陳慧	Emillie Chan
張德龍	Peter Cheung
鄺雷翠玲	Bernice Louie Kwong
文錫輝	John Man
朱碧芳	Rita Tsang
韋秀嫻	Winnie Wei

2003

方君學	Johnny Fong
張明達	Ming-Tat Cheung
劉秉純	Benson Lau
梁渙釗	Allen Leung
梁顯平	Albert H. P. Liang
顏惠霞	Alexandra Ngan
蘇家俊	Ron So
黃陳慧文	Agnes Chan Wong
黃陳曼麗	Florence Chan Wong

2002

馮紹傑	Ambrose Fung
關保衛	Stanley Kwan
賴德梧	Tak Ng Lai
羅志勤	Michael Lo
麥朝彥	Andre Mak
黃朱珍妮	Jenny Wong

2001

陳志尚	Jimmy Chan
伍卓生	Hughes Eng
黎炳昭	Michael Lai
李基傑	Ki Kit Li
林立	Don Lim
徐惠芳	Teresa Tsui
黃家海	Joseph Ka Hoi Wong
袁海耀	Alexander H. Yuan

2000

陳淑煥	Agnes Chan
方黃慧蕾	Alice Fong
高張愛絲	Alice Ko
陸郎毅	Helen I. Lu
王裕佳	Joseph Y. K. Wong
黃振聲	Phoebus Wong
黃志華	Tony Wong
阮啟剛	John Yuen

Themes of Chinese Canadian Legend since 2007

2007 緣繫加港締傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心締傳奇 賦生命予意義
Where there is Love, there is Life

2009 點燃希望締傳奇
Illuminate Hope

2010 乘風破浪竟理想 情繫楓橋締傳奇
To Bridge……

2011 明德格物締傳奇
A Man without Virtue is like A Candle without Light

2012 摘星圓夢締傳奇
Wish upon a Star
Make your Dreams come true

2013 鼓舞人生締傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅締傳奇
Phoenix Reborn, the Legacy Goes on……

2015 活出彩虹締傳奇
Over the Rainbow, the Legend Glows

2016 華麗轉身締傳奇
Change with Change to Succeed

2017 情繫家國締傳奇
Our Country, Our Legends

2018 你我同心缔傳奇
You and Me - Let's Make Legends Together

2019 红楓精神永延續 跨越廿載缔傳奇
Into a new era, on with the Legends

2022 泰然處逆懷希望 以愛為綱缔傳奇
Life goes on, Love wins all

2023 堅毅造福缔傳奇
Cherish and Share Our Blessings

2024 關愛共融缔傳奇
Love and Harmony

2025 砥礪奮進缔傳奇
Strive to Thrive

陳廷文醫生
Dr. Christopher T M Chan

作者：楊芮

Writer: Ray Yang

用醫學點亮生命的“更多可能”

在多倫多綜合醫院（TGH）透析室走廊的牆面上，有一幅由30餘張嬰兒與父母合影的照片所組成的“生命之牆”。每一張笑臉的背後，都記錄著“居家血液透析項目”所拯救的腎患家庭以及該項目重新賦予他們孕育生命的醫學奇跡。而在這份開創先河的創舉背後，則傾注著陳廷文這位傑出的華裔醫學家近25年的堅守與信念。正是他的不懈努力，讓全球醫學界第一次意識到——透析治療竟能如此溫暖地融入病患生活，將自由與尊嚴交還到病人手中。“醫學的使命不是對抗疾病，而是重建生命的秩序。”這位被譽為“腎臟病治療革命者”的華裔醫學家如是說。從香港移民子弟到國際醫學領袖，他始終在解答一個核心命題：如何於傳統的醫療系統中注入更多創新思維與人性化的溫度？

三城記：從化學競賽到生命方程

“從小至今，每當遇到挑戰，我總會自問，如何跳出固化思維？”陳醫生在回憶青少年的成長經歷時，他強調著“打破慣性”的重要性。生於英國，幼年長於香港的陳廷文承襲著華人家庭的儒雅家風，十歲時隨父母移民多倫多後，這片多元文化碰撞的熱土更為他的活躍思維注入了嶄新的視角與廣度。

生長在營商家庭的陳廷文自小便對“人的訴求”有著天生的敏感，而正是這份“以人為本”的信念，讓他不斷去思考如何運用所學知識，來切實地給身邊人帶來幸福感。1980年代，

就讀於多倫多法語學校的他因成績優異，曾代表加拿大出征當時在西德舉辦的國際化學奧林匹克競賽。也正是這次機緣，讓17歲的陳廷文有機會穿越東德的檢查站，親身感受到柏林牆兩側的色彩斷層以及兩邊百姓生活境遇的迥然不同。“從彩色的世界跨入灰色的街角，一切都變了。”多年後，陳醫生仍會感慨道，“那次德國之行，不只是國際間學科的較量，更是讓我對自由與尊嚴有了深刻的體悟。”西柏林的華燈霓虹與東柏林的凋敝黯然，這種鮮明反差更激發了陳廷文想要借由醫學讓困囿於病床的普通人也能實現人身自由，重獲本該享有的尊嚴。

帶著化學競賽國際銅牌的榮譽，他順利考入了多倫多大學醫學院。當同期學生都在追逐熱門的麻醉學、口腔醫學等賽道時，陳廷文毅然選擇了腎臟病學與心血管生理學的交叉領域。“腎臟不僅是篩檢程式，更是全身循環的指揮家。”這種宏觀的整體視角，正潛移默化地成為了他日後在腎病學領域顛覆性創新的思維基石。

“以人為本”：劃時代的夜間透析技術

1995年醫學院畢業後，陳醫生便開始了他在多倫多大學內科學及腎臟病學住院醫師的嚴格培訓。2002年，陳醫生正式加入多倫多大學醫療網路（University Health Network）下屬多倫多綜合醫院的腎臟科。在這個科室裡，他始終記得自己的初心，從主治醫師到科主任兼醫學教授，一待就是23年。忙碌的一線工作中，他每天都會接觸慢性腎病尤其是腎衰竭這類重症的病例，而陳醫生對於傳統透析方式給患者生活帶來諸多不便

的思考也在與日俱增。

“我們每天都要上廁所，可為什麼病人每週只能排隊透析三次，而且每次漫長的四小時都只能鎖定在醫院裡完成？”站在患者的角度，他所提出的質疑其實並不是反叛，而恰恰是透析領域裡的一種前瞻。

這個提問的答案源自一次偶然的相遇。1990年代末，在蒙特利爾舉行的加拿大腎臟病學會晚宴上，陳醫生結識了居家透析先驅皮亞拉托斯教授（Dr Andreas Pierratos）。正是那晚的醫學暢談，開啟了陳醫生職業生涯的重要轉折——原本計畫從事心腎綜合征研究的他，最終轉而探索夜間血液透析對心血管的影響。皮亞拉托斯教授是加拿大衛生部“夜間家庭血液透析”示範專案的初創團隊成員。勤奮好學的陳醫生隨即拜其為師，學習並鑽研這套革新的技術。在此期間，陳醫生與皮亞拉托斯教授還連袂進行關於左心室肥厚逆轉可行性的初期研究，並確立了將左心室品質作為高頻血液透析的重要臨床指標。自此，這項劃時代的夜間居家透析標準化項目正式誕生，腎病患者終於可以不必每週奔波於住所和醫院，而是躺在自己熟悉的家裡，通過晚間休息的時段來接受自行透析。

從加國惠及全球：讓不可能成為可能

2004年，全球首例夜間居家透析孕婦的成功分娩，讓陳醫生團隊研發的“適配療法”一戰成名。來自多倫多北約克的伊馮娜· 馬菲（Yvonne Maffei）被診斷為腎衰竭，並曾被告知

她將終生無法生育。這對於剛剛新婚的馬菲來說無疑是致命一擊。“患者最需要的地方，就是我該最努力的方向。”陳醫生這樣說著，也如是做著。他將傳統的四小時/次“瀑布式透析”改為八小時/夜的“溪流式淨化”，這樣做不僅提升了毒素清除率，還能模擬健康腎臟，使其維持正常的工作模式。

最終，馬菲的成功案例顛覆了醫學界的傳統認知，加拿大CTV新聞頻道、《多倫多星報》等多家權威媒體紛紛對陳醫生進行了專訪。現如今，“居家夜間透析技術”經過陳醫生團隊20多年的經驗累積後早已引發全球關注。來自澳洲、歐洲、美國的醫療團隊紛紛前來取經，超過30個國家和地區借此建立起當地語系化的服務體系。對陳醫生而言，最具意義的，莫過於在中國香港那個孕育他童年成長的地方，也已成功設立六個居家透析專案試點。

“虛擬藥房”：打造沒有“圍牆”的醫院

創新式思維讓陳醫生的變革腳步繼續向前邁進。新冠疫情期間，由於暫時性居家隔離政策的實施，使得很多慢性病患者無法按時得到幫助。陳醫生和他的團隊迅速回應，推出了“虛擬藥房”，為患者提供不斷線的用藥支援。“腎衰竭病患是最脆弱的群體，”他說，“我們必須確保他們不被遺忘。” 通過亞馬遜式物流與Zoom問診結合，一條沒有“圍牆”的醫患通道就此打開，患者足不出戶便可獲得藥物與專業的指導。

在陳醫生看來，患者的需求才是他醫療創新的“繆斯女

神”。他幽默地説：“很多我所推進的醫患創新，其實都來自于患者本身的難處。就好像我遞給他們一塊畫布，而上面的內容都由患者親手所畫。醫療創新的本質，就是要把專業能力轉化為患者觸手可及的服務。”

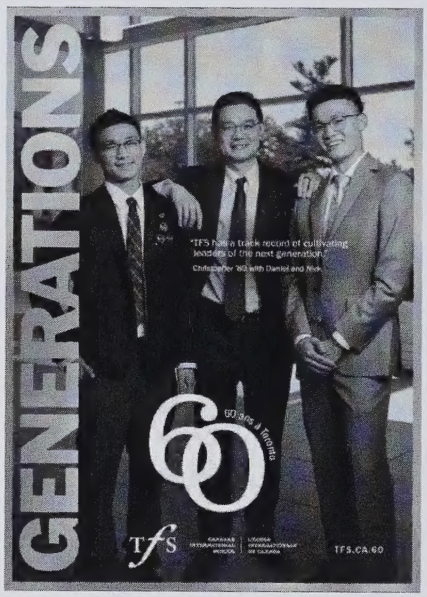
結語：

在白袍之外，陳醫生是多倫多猛龍隊的超級粉絲、一位溫情的丈夫，也是兩個男孩的父親。他與太太相識于多倫多大學醫學院，一路風雨相伴，溫情盈盈。他與家人不僅共享快樂，也共執著一份堅持了18年的“家庭愛好”——空手道。每週三次的訓練，一家四口都會到場。這是一種他們一起健身養性的方式，並借此來打造身體的平衡以及精神上的專注與堅韌。也正是這份堅持，陳醫生全家四人目前都已經是黑帶四段的高手水準。

空手道講究內在力量與外在平衡，也正是這份充滿韌性與張力的智慧，讓陳醫生能夠秉持“為合適的患者，選擇匹配的地方，給予適合的治療與看護”，並在恰當的時機，讓醫學之光點亮更多尋常百姓家的幸福之燈。

Expansion of Home Dialysis Teaching to Asia

Expansion of Home Hemodialysis Through Development of Home Dialysis Fellowship

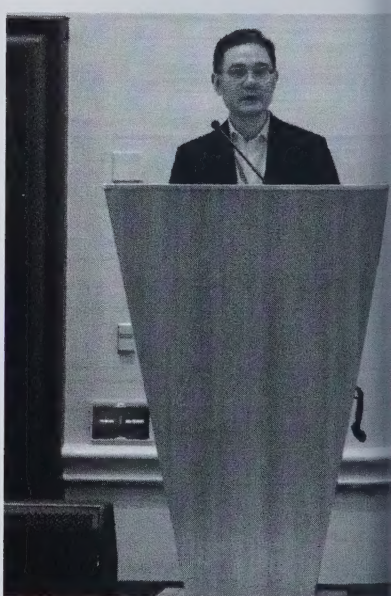


Dr. Chan and sons - TFS Generations Campaign

Dr. Chan and spouse

Dr. Richard Yu Endowed Lectureship

Dr. Chan and Dr. Pierratos



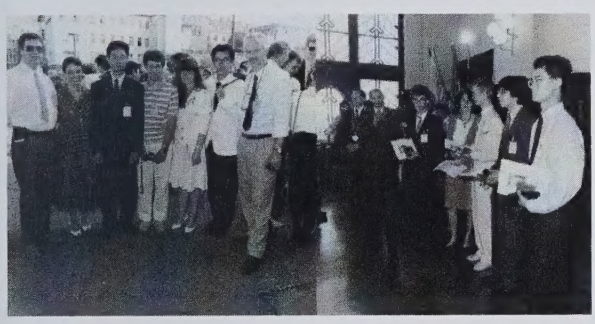
Lecturing at the Annual Dialysis Conference

International Collaboration and Lectureship

2013 Home Dialysis Team

International Home Dialysis fellows from Asia and Middle East

Reunions with Home Dialysis Fellows



East Germany 1989 - International Olympiad

Dr. Chan and his family

Receiving the Dr. Richard Yu Endowed Lectureship

Illuminating Life's "Greater Possibilities" Through Medicine
—Dr. Christopher T M Chan

On the wall of the dialysis unit at Toronto General Hospital (TGH), there is a "Wall of Life" featuring over 30 photographs showing babies with their parents. Behind every smiling face is a story of a family affected by kidney disease, brought back from despair by an innovative medical miracle, the Home Hemodialysis Program. At the heart of this groundbreaking initiative is Dr. Christopher T M Chan, an exceptional Chinese-Canadian physician whose 25-year journey has been defined by unwavering commitment. His tireless efforts, which the global medical community have come to recognize, have culminated in a radical new program where dialysis treatment is seamlessly integrated into patients' lives—restoring their freedom and dignity.

"The mission of medicine isn't merely to fight disease, but to restore order to life," says this revolutionary in nephrology.

From a Hong Kong immigrant child to a leader in international medicine, Dr. Chan has always pursued a central question: How can we infuse traditional healthcare systems with more innovation and humanity?

A Tale of Three Cities: From Chemistry Contests to Life's Equations

"Whenever I face challenges, I always ask myself: how can I break out of fixed thinking?" recalls Dr. Chan. He emphasizes the importance of disrupting inertia. Born in the UK and raised in Hong Kong, Christopher Chan grew up in a Confucian household that valued integrity. At age 10, he immigrated with his parents to multicultural Toronto—a move that broadened his perspective and enriched his thinking.

Growing up in a business-oriented family, Chris developed a natural sensitivity to people's needs. This human-centered mindset fueled his desire to use knowledge to bring real happiness to those around him.

In the 1980s, while attending a French school in Toronto, Chris earned top grades and was selected to represent Canada at the International Chemistry Olympiad in West Germany. This experience brought him through a checkpoint into East Germany, where he saw firsthand the stark contrast in colour and life between the two sides of the Berlin Wall.

"Crossing from a colourful world into a gray street corner—everything changed," he recalls.

This visit wasn't just a scientific competition—it deeply shaped his understanding of freedom and dignity.

West Berlin's lights and East Berlin's desolation inspired a mission: to use medicine to help even the most vulnerable regain their freedom and self-worth.

With an international bronze medal in chemistry, he entered the University of Toronto's Faculty of Medicine. While peers pursued popular fields like anesthesiology and dentistry, Chris boldly chose the intersection of nephrology and cardiovascular physiology.

"The kidney isn't just a filter—it's the conductor of the body's entire circulation."

This systems-level perspective would later form the foundation for his revolutionary thinking in kidney care.

People First: A Groundbreaking Nighttime Dialysis Technology

After graduating from medical school in 1995, Chris began intensive training in internal medicine and nephrology. In 2002, he officially joined the Division of Nephrology at Toronto General Hospital (UHN). There, he remained true to his original inspiration—serving as both physician and medical professor for over 23 years.

Every day, he saw patients suffering from advanced chronic kidney disease. He became increasingly concerned about the disruption ordinary dialysis treatment caused to their lives.

"We go to the bathroom every day, whenever we feel like it, so why are patients limited to just three dialysis sessions a week—each lasting four hours, tied to a hospital bed?"

This wasn't rebellion; it was vision.

The turning point came during a nephrology conference dinner in Montreal in the late 1990s, where he met Dr. Andreas Pierratos, a pioneer in home dialysis. Their in-depth discussion changed Chris' career path: he shifted from cardio-renal research to studying the effects of nighttime dialysis on heart function.

Pierratos was a founding member of Canada's pilot Nocturnal Home Hemodialysis Program. Chris apprenticed under him, mastering the innovative technology. Together, they researched how frequent nighttime dialysis could reverse left ventricular hypertrophy, ultimately establishing left ventricular mass as a key clinical marker for high-frequency dialysis.

Thus began the standardized nocturnal home dialysis project, allowing patients to receive treatment while sleeping comfortably at home—instead of repeatedly commuting to the hospital.

From Canada to the World: Making the Impossible Possible

In 2004, Chris' team made headlines with the first successful pregnancy and childbirth by a woman on nocturnal home dialysis. Yvonne Maffei, a newlywed from North York, was told she would never be able to have children due to kidney failure.

"Where the patient's need is greatest—that's where I must try my hardest," Chris says.

He replaced the conventional 4-hour "waterfall dialysis" with an 8-hour "stream dialysis" approach. This gentler method not only improved toxin clearance but also better mimicked normal kidney

function.

Maffei's successful delivery overturned long-standing medical beliefs. Chris was soon interviewed by CTV News, the Toronto Star, and other major media outlets.

Today, the nocturnal home dialysis technique, backed by over 20 years of experience from his team, has attracted global attention. Medical teams from Australia, Europe, and the U.S. have come to learn from the model, and over 30 countries and regions have built localized services inspired by it.

For Chris, perhaps most meaningful of all: his childhood home of Hong Kong now has six home dialysis pilot programs in place.

The "Virtual Pharmacy": A Hospital Without Walls

Chris' spirit of innovation continued into the COVID-19 pandemic. When lockdowns made it hard for chronic patients to access care, he and his team launched the "Virtual Pharmacy", providing uninterrupted medication support.

"Kidney failure patients are among the most vulnerable. We must ensure they are not forgotten."

By combining Amazon-style logistics with Zoom consultations, they built a care pathway without brick and mortar walls—bringing prescriptions and professional advice directly into patients' homes.

To Dr. Christopher Chan, patient needs are the true guiding hand

of medical innovation.

"Many of the solutions I've created came directly from patient difficulties. I just hand them the canvas—they paint the picture. The essence of medical innovation is turning expertise into accessible service."

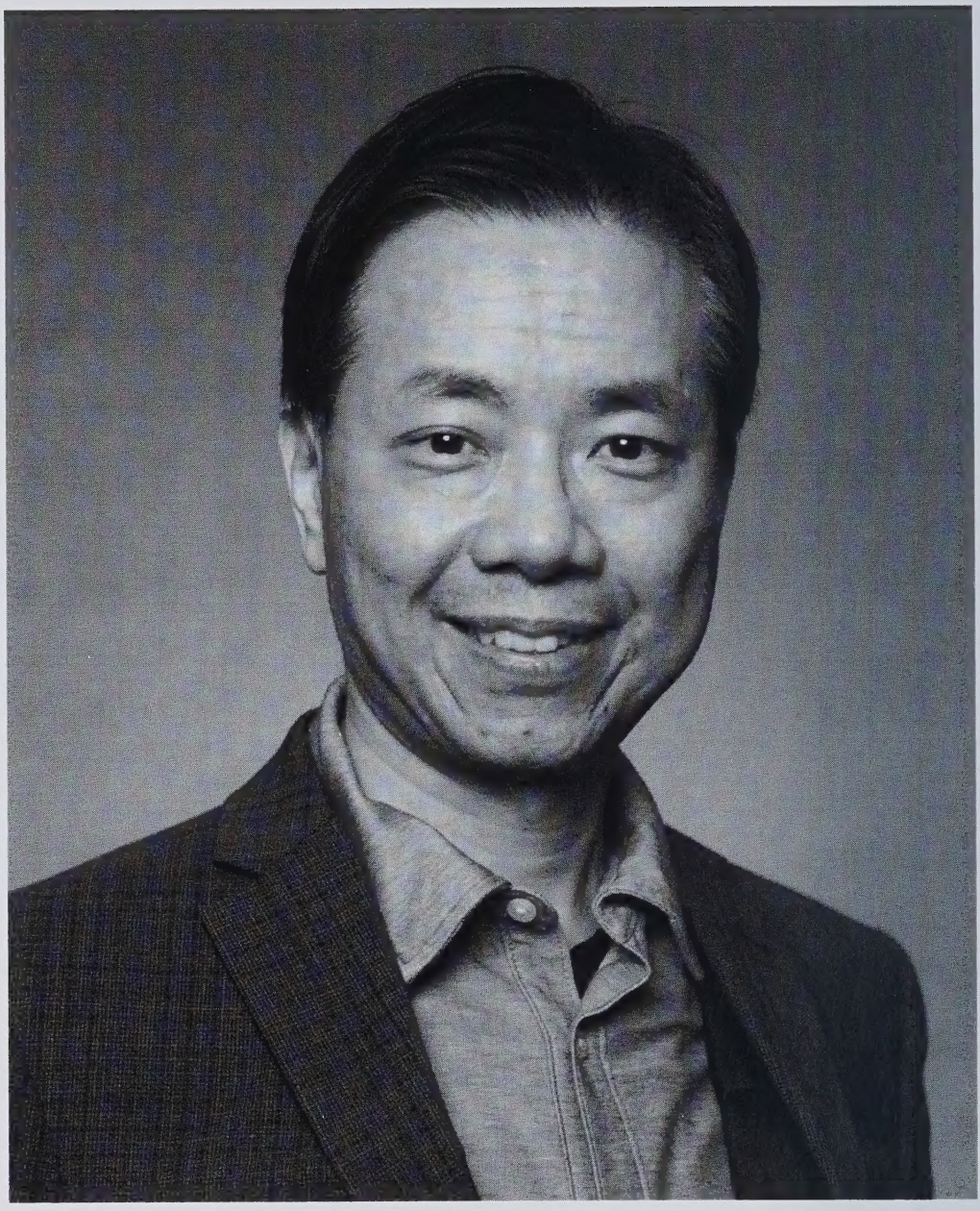
Epilogue

Beyond hospital walls, Chris is a huge Toronto Raptors fan, a loving husband, and the father of two boys. He met his wife at University of Toronto's medical school, and since that time they've enjoyed life's journey together with warmth and support. The family also shares an 18-year-long hobby: karate. They train three times a week, building physical health, mental focus, and family unity. Today, all four family members are 4th-degree black belts.

Karate emphasizes inner strength and outer balance—qualities that guide Dr. Chan in his medical philosophy:

"For the right patient, in the right place, at the right time—provide the right care."

It is with this clarity that he continues to use the beacon of medicine to brighten the lives of ordinary people all over the world.



馮溥倫醫生
Dr. Kenneth Fung

作者：金綺文

Writer: Annie Qiwen Jin

打破偏見的精神病醫生—馮溥倫的醫學與文化雙重探索之路

三十多年前，當馮溥倫準備選擇精神病學為自己的醫學專業領域時，曾遭到父母強烈反對。他們認為憑他的優異成績，選精神病學而不是主流醫學領域無異於「自廢武功」；同時也擔心他被精神病患者攻擊的風險。

然而馮溥倫一直對研究人類意識的運作抱有極大興趣和熱情。讀高中時，為了搞清楚閾下信息是否會在無意識的情況下影響人們的態度和行為，他專門買了一台Super8相機在家裡做實驗。最終他用自己的堅定態度說服了父母。那時大概他也未料到，這段說服父母的經歷會成為他日後對抗精神病污名化和文化污名化的一次小「演習」。

文化交融的成長經歷

馮溥倫的童年是在香港度過的。這座國際化大都市融會貫通了東西方文化，中西飲食和習俗在此和諧共生，英語和粵語在人們的工作、學習和日常生活中自然切換，毫無違和感。直到中學時隨父母移民加拿大，馮溥倫才意識到原來文化之間的差異存在於很多細節中，並且無時無刻不在影響着人們的想法和互動方式。

從說英文的口音、到學校里與老師同學的交流方式，種種差異給少年時期的他帶來些煩惱。他努力適應，甚至請求父母在家裡也說英文，以便自己能儘快提高英文水平，融入新環

境。

讀高中時，馮溥倫結交了些剛從香港來的朋友，他們喜歡用粵語聊天。八十年代也正是香港文藝和影視業的鼎盛時期，《射鵰英雄傳》等武俠連續劇和衛斯理系列科幻小說風靡華人世界，歌壇四大天王在全球華人中掀起追星潮，這讓馮溥倫重燃對故土文化的興趣，也讓他從自我同化轉向擁抱文化多樣性。

醫學實踐中的文化挑戰

在香港時馮溥倫曾加入香港紅十字少年團。那時紅十字與聖約翰救傷隊常暗中較勁，紅十字少年團的步操總能更勝一籌。進入多倫多大學後，他加入了聖約翰救傷隊的Varsity支隊。在急救演習、義務奉獻以及穿制服和步操中，他找到了兒時在香港的感覺。他不僅當上了步操指揮官，最終還成了支隊醫官。

除了在公眾活動中提供急救服務外，Varsity支隊還肩負着服務華人社區、在華人社區中推廣和培訓急救知識的任務。在演示急救程序時，馮溥倫發現有些急救術語的英文簡稱在中文裡找不到對應説法，令他體會到文化差異帶來的溝通障礙。

做住院醫生期間的一個小插曲更加深了他對文化障礙的認識。當時醫療團隊在討論一位病患的狀況，一位護士提到該病患拒絕喝自來水，要求喝燒開過的水，以此説明該病患不配合、有性格上的問題。當馮溥倫得知那位病患是南亞裔時，他

指出該病患的要求應該並非精神問題的表現，而是亞洲很多國家和地區的文化使然。然而其他人不但對此嗤之以鼻，反而指責馮溥倫與病患串通搗亂。

文化精神醫學的探索與創新實踐

幸而馮溥倫遇到了重視文化影響的導師，並受到鼓勵深入研究文化因素與精神疾病的關係。他進入多倫多大學醫學科學研究所深造，選擇華人社區中的述情障礙現象為研究方向。通過研究，他更加確信文化因素對精神疾病的表現和治療方式的影響不容忽視。

馮溥倫還發現，華人遇到精神困擾時鮮少尋求醫療幫助，往往到症狀非常嚴重或出現軀體化症狀時才會就醫。他認為，一方面這是因為精神疾病污名化導致人們諱疾忌醫，另一方面在華人文化里，人們不習慣將精神困擾視為需要及時治療的健康問題。

一次他到華人社區家庭醫生診所進行問卷調查。與一位長者閒聊中，對方提到最近因兒子離婚一事很煩惱，每晚都難以入睡。這可能是導致她的身體出現症狀的原因。馮溥倫問她是否會把這個情況告知家庭醫生以尋求幫助，對方卻說她的家庭醫生是位好醫生，但自己不會用這些小事去麻煩她。

這些經歷讓馮溥倫深信，精神科醫護人員必須具有相當的文化敏感性，才能更好地幫助患者，踐行以患者為中心的醫護理念。他於2002年在多倫多西部醫院創立了亞洲心理健康計

劃，為亞裔社區精神疾病患者提供早期干預和臨床治療。他還為康福心理健康協會、孟嘗士嘉堡長期護理中心等華人社區組織提供精神健康諮詢，並且為醫學生、普通居民以及其他醫務人員提供文化精神醫學培訓，並在致力推廣文化精神醫學的國際機構中擔當領導者。

抗擊污名化與種族歧視

除了臨床治療和在多倫多大學醫學院授課，馮溥倫還大力推廣公眾心理健康教育。他經常開講座和接受媒體採訪，以清晰易懂的方式向大眾傳播精神健康知識，消除人們對精神疾病的誤解。他也運用自己的專業知識，奮戰在抗擊種族歧視的前沿。

精神病污名化存在於幾乎所有文化中。當初馮溥倫的父母反對他選擇精神病學也是受此影響。但馮溥倫強調：「從統計數據看，精神病患者並不比普通人更危險，許多精神病患者更容易成為受害者而不是暴力攻擊者。」對少數族裔和移民群體而言，除了受精神疾病污名化的影響，文化污名化亦是造成和加重很多人精神困擾的重要原因，種族歧視往往伴隨着文化污名化。

2020年新冠疫情流行之初，馮溥倫的精神健康診所被標為「高風險診所」。他當即向管理人員提出質疑：這裡並非治療肺病患者的診所，僅僅因為診治的病患都是華人，就被標記為高風險，此種做法等於將華人和新冠病毒聯繫在一起，是帶種族偏見的。

在一部講述新冠疫情期間種族主義給加拿大普通華人帶來精神創傷的記錄片What Flowers They Bloom里，馮溥倫回顧此事並分析了隱形種族歧視的原因和危害。他指出種族主義一詞所具有的負面內涵讓受過教育的人避之不及：「越是教育程度高的人越認為自己不可能是種族主義者」。進而分析這可能導致他們對自身的無意識偏見形成盲區，而這種無意識歧視轉化成行為時會造成很大的問題--「越是身居高位，問題越大，因為那些從未經歷過種族主義的人升至重要職位時，系統性不平等現象就會持續存在下去。」

成就與影響

馮溥倫不僅將文化精神醫學的創新知識運用到幫助華裔社區中，也推廣至幫助原住民和其他少數族裔中。在他看來，文化不僅是一種需要克服的障礙，也是重要的力量源泉——它可以被用來提高精神病護理水準，例如與正念練習相結合。

他引領了多項研究，著述豐富，教學有方，在國際精神醫學界享有盛譽，因此獲得諸多國際國內榮譽，包括多倫多大學的多個教學獎項，2024年美國精神醫學會蘇坤波獎，2017年美國精神醫學基金會的少數族裔精神健康促進獎等等。他還先後被加拿大精神醫學會和美國精神醫學會授予傑出會士稱號。

中國醫學經典《黃帝內經》中說：「上醫治未病」。馮溥倫不僅幫助個體患者，亦致力推廣心理健康知識、抗擊污名化和倡導文化包容性，他所做的正是”上醫治未病”理想的體現--通過倡導預防醫學理念，造福個人和整個社會。

童年照片

Early year

聖約翰救傷隊726華人支隊合影

Inspection Photo as Divisional Medical Officer of #726 Varsity Division, St. John Ambulance Brigade

與父母合照

Photo with parents, Paul and Esther Fung, 2023

應邀到香港理工大學講座

Invited Presentation at Hong Kong Polytechnic University, 2016

到訪濟南社區診所

Site visit at a Jinan community clinic for needs assessment, 2016

到中國開展心理健康培訓活動

Training in Jinan, China, 2018

與亞裔人士精神健康計劃的同事合影

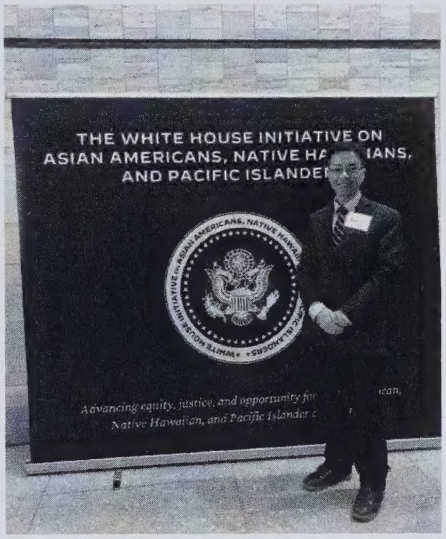
Asian Initative in Mental Health Program Team Photo, Toronto Western Hospital, 2016

與康福心理健康協會合作

Photo with Hong Fook Mental Health Association Staff, 2016

到韓國舉行培訓和講座活動

Presentation in South Korea, 2025



應邀參加美國白宮亞太倡議計劃活動

Invited to participate in The White House Initiative on Asian Americans, Native Hawaiians, and Pacific Islanders, 2023

獲得美國精神健康基金會少數族裔精神健康促進獎

Recipient of 2016 Awards for Advancing Minority Mental Health, American Psychiatric Association Foundation

獲得美國精神醫學會蘇坤波獎

Recipient of 2024 Kun-Po Soo Award, American Psychiatric Association, Photo taken in 2025

Breaking Barriers: Dr. Kenneth Fung's Dual Journey in Psychiatry and Cultural Exploration

When Kenneth Fung decided to pursue psychiatry as his medical specialty more than 30 years ago, he faced strong opposition from his parents. Given his outstanding academic performance, they felt that choosing psychiatry over a more mainstream medical field was a waste of his talent. As a well-known phrase in Chinese martial arts stories puts it, it was akin to "crippling one's own abilities." They were also concerned about the potential risks of him being harmed by psychiatric patients.

However, Kenneth had always been fascinated by how the human mind works. During high school, he purchased a Super 8 camera to conduct home experiments investigating whether subliminal information could truly unconsciously influence people's attitudes and behavior. His resolute determination eventually convinced his parents to support his choice. Though at the time, he probably did not realize that this experience of persuasion would later serve as a mini "training drill" for his future efforts to combat both mental illness and cultural stigmas.

A Childhood in Cultural Convergence

Kenneth spent his childhood in Hong Kong, a vibrant international city where Eastern and Western cultures, such as cuisines and rituals, coexist harmoniously, and people effortlessly switch between English and Cantonese in professional and daily settings. It wasn't until he immigrated to Canada with his family as a teenager that he

became keenly aware of the subtle yet pervasive cultural differences shaping people's thoughts and interactions.

From Canadian versus British accents to communication norms at school, adjusting to these differences proved challenging. During his first two years in Canada, he worked hard to fit in the new environment, even asking his parents to speak English at home so he could improve his language skills and assimilate more quickly into the new environment.

During high school, he befriended other recent immigrants from Hong Kong, who enjoyed conversing in Cantonese. The 1980s marked a golden era for Hong Kong's entertainment industry—Kung Fu TV series such as The Legend of the Condor Heroes, sci-fi novels like the Wesley Series, and the rise of the "Four Heavenly Kings" in music had taken the global Chinese community by storm. This rekindled Kenneth's passion for his cultural roots and shifted his approach from a unilateral assimilation to embracing cultural diversity.

Cultural Challenges in Medical Practice

Back in his days in Hong Kong, Kenneth had been a member of the Hong Kong Red Cross Junior Unit, a group that frequently engaged in a friendly rivalry with the St. John Ambulance Brigade. The Red Cross often outperformed its counterpart in foot drills. Upon enrolling at the University of Toronto, Kenneth joined the Varsity Division of the St. John Ambulance Brigade, returning to first aid, volunteerism, and the discipline of foot drills and uniforms, reminiscent of his childhood in Hong Kong. He even became the

drill sergeant, and eventually, the Divisional Medical Officer.

In addition to providing first aid at public events, the Varsity Division also plays a unique role in promoting first-aid education and training as a form of community service for the Chinese community. While demonstrating emergency procedures, Kenneth noticed that some English first-aid acronyms lacked corresponding expressions in Chinese, highlighting communication barriers caused by cultural differences.

An incident during his residency deepened this realization. During a team discussion about a psychiatric patient, a nurse remarked that the patient refused to drink tap water and insisted on drinking only boiled water, labeling this behavior as uncooperative and indicative of a personality issue. Upon learning that the patient was South Asian, Kenneth pointed out that this preference was likely culturally driven rather than a sign of mental illness. However, the medical team dismissed his view and accused him of colluding with the patient.

Advancing Cultural Psychiatry

Fortunately, Kenneth met supervisors who valued the significance of cultural influences in psychiatry and encouraged him to pursue this line of research. He continued his postgraduate studies at the Institute of Medical Science at the University of Toronto, focusing on alexithymia in the Chinese community. Through his research, he became convinced that cultural factors profoundly impact both the presentation and treatment of mental illnesses.

Additionally, Kenneth observed that Chinese individuals tend not to seek medical help when experiencing emotional distress. They often postpone treatment until symptoms become severe or when somatic symptoms appear. He attributed this to two key factors: stigma surrounding mental illness discourages people from seeking help, and the cultural perception that psychological struggles do not warrant medical attention.

Once he went to do a field study at a primary care clinic in the Chinese community. There he struck up a conversation with an elderly lady who was waiting to see her family doctor. She told him that she was deeply troubled by her son's recent divorce and couldn't sleep all night long. This was likely contributing to her physical symptoms. When asked if she would discuss this with her doctor, she responded that her doctor was a nice person and she would never burden her with these trivial issues.

These experiences solidified Kenneth's conviction that cultural sensitivity is essential for psychiatrists to effectively support their patients and fulfill the core principle of patient-centered care. In 2002, he founded the Asian Initiative in Mental Health at Toronto Western Hospital, University Health Network, providing early intervention and clinical treatment for Asian patients. He also offered psychiatric consultation in collaboration with Chinese community organizations such as Hong Fook Mental Health Association and Mon Sheong Scarborough Long Term Care Centre. In addition to clinical work, Kenneth trains medical students, residents, and other healthcare professionals in cultural psychiatry, and has taken on leadership roles in international organizations dedicated to advancing the field.

Fighting Stigma and Racism

Beyond clinical work and teaching at the University of Toronto's Faculty of Medicine, Kenneth actively promotes public education on mental health. He frequently delivers educational talks and participates in media interviews to dispel misconceptions. He also applies his expertise to combat racial discrimination.

Mental illness stigma exists across all cultures. Even Kenneth's parents' initial opposition to his career choice was influenced by this perception. He frequently emphasizes that, "statistically, individuals with mental illness are no more dangerous than the general population. In fact, many are more likely to be victims rather than violent attackers." For minority and immigrant communities, the stigma surrounding mental illness is compounded by cultural stigma, which intensifies psychological distress and is often intertwined with racial discrimination.

At the start of the COVID-19 pandemic in 2020, Kenneth's mental health clinic was classified as "high risk" by some administrators. He immediately challenged this designation, arguing that this clinic did not treat respiratory illnesses and that labeling it as high risk solely because it served Chinese patients was an unjustified racial bias.

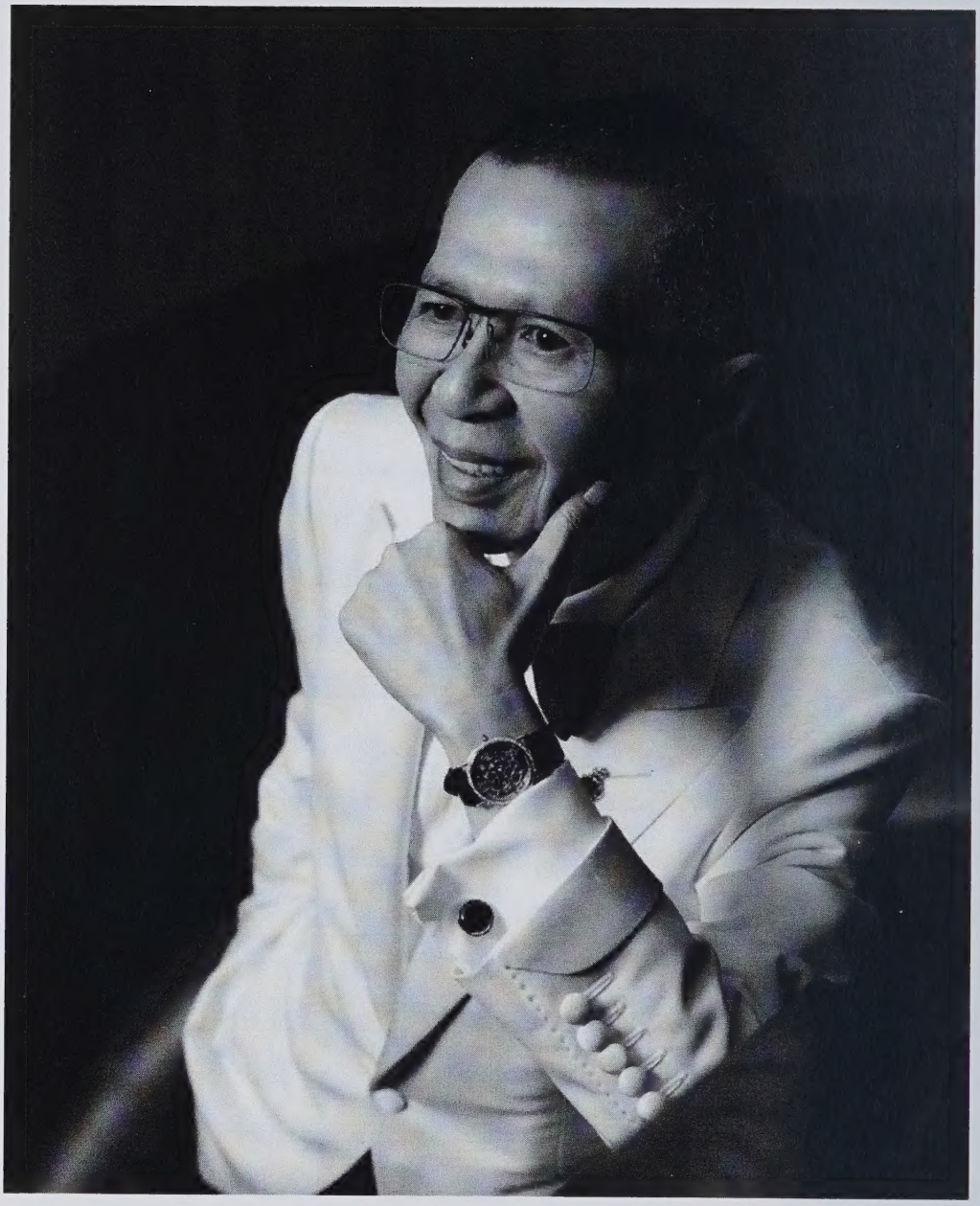
In the documentary What Flowers They Bloom, which explores the psychological impact of racism on Chinese Canadians during the pandemic, Kenneth reflected on this incident and analyzed the impact of unconscious racism. "The term racist is associated with a negative connotation that nobody wants to be labeled a racist," he explained, adding that educated people particularly resist such

characterization. "The more educated you are, the more you feel that's got to be not me. " He argues that this resistance creates a dangerous blind spot, allowing unconscious biases to not only persist unexamined but also manifest in consequential actions and "it gets most problematic with people who are in positions of power" because systemic inequities persist when those "who have never experienced racism themselves" rise to influential positions.

Legacy and Impact

Kenneth's pioneering work in cultural psychiatry has benefited not only Chinese communities but also Indigenous and other minority groups. He views culture not merely as a barrier to overcome, but as a vital source of strength—one that can be harnessed to enhance standard psychiatric care, such as through the integration of mindfulness practices. His research, publications, and teaching have earned him international recognition, along with numerous accolades, including multiple teaching awards at the University of Toronto, the 2024 Kun-Po Soo Award of the American Psychiatric Association, and the 2017 Award for Advancing Minority Mental Health from the American Psychiatric Association Foundation. He is honored as Distinguished Fellow by both the Canadian Psychiatric Association and the American Psychiatric Association.

The Huangdi Neijing, an ancient Chinese medical classic, states, "The highest form of medicine treats illness before it manifests." Through public health advocacy, stigma reduction, and promoting cultural awareness in psychiatry, Kenneth exemplifies this ideal—advancing a vision of preventive medicine that benefits both individuals and society at large.



林耀西
David Maung (Lim)

作者：楊芮
Writer: Ray Yang

鋪就坦途，築夢天下

在中文字裡，“耀”含曜光，福澤千里；“西”行可期，深蘊良機。林耀西的名字由他祖父親自遴選，竟意外暗合了他的成功軌跡。作為華裔企業家代表，林耀西在商海搏擊40載，面對創業歷程中的起落，他始終堅守信念，不屈不撓；而在工作之外，他更是公認的慈善榜樣，處處為人慷慨解囊，扶貧濟弱。林耀西所創建的地板公司及其在公益領域的默默耕耘，不單單鋪就著千家萬戶的安居夢想，作為創始人的他更是擔當起“築夢者”的責任，承載著華人世家“贈人玫瑰”的普愛之心，為眾多的有志青年墊鋪著一條條通向夢想的坦途大道。

漂泊中的根與魂

林耀西出生於1960年的香港，一個物質生活相對貧瘠的年代。在他幼年時，父親便帶著希冀舉家遷往當時欣欣向榮的緬甸仰光，緬甸移民局將他們的家姓改為了當地的常見姓氏Maung。然而，在軍政府掌權後的政治動盪與反華情緒中，一家人不得不再次遠遷。而這一次，他們乘船輾轉抵達了馬來西亞，父母身上僅帶著50美元以及對未來的種種構想。

“我們其實是二次移民，”林耀西回憶道。身處異國他鄉，他從小便明白，責任不是一種選擇，而是一種必須。林耀西在一個有八個兄弟姐妹的大家庭中長大，玩具對他來說就是奢侈品。小小的年紀便要在課餘的時間打工貼補家用。父母日夜操勞的疲累身影，既是他人生道路的啟蒙，也是一面深刻的鏡子。

儘管生活艱辛，林耀西卻展現出非凡的潛力。他在學校擔

任圖書館館長、辯論隊長，還是羽毛球校隊選手，更是紅十字會青年團團長，積極參與各項志願服務。“當時的我有個樸實的想法，那就是要做一個有用的人，而不僅僅是活著。如果人一輩子只是讀書、考試、工作、結婚，然後苦力打工，埋頭還房貸……這種刻板人生不是我要的。”他說。正是這個簡單的信念，貫穿了他日後的每一段旅程。

由於教育語言政策的變化，林耀西最終決定隻身前往英國求學。他一邊在速食店打工維持生計，一邊攻讀經濟學專業，最終，他以優異的成績畢業于東安格利亞大學。學成後，林耀西馬上返回馬來西亞，希望能夠在自己熟悉的國家大施拳腳。然而，命運的波瀾並未就此止步。

少年得志，風雲突變

年僅26歲時，林耀西已成為馬來西亞一家上市公司最年輕的董事。他帶領企業迅速擴張，成為百萬富翁。然而，1987年的市場陡跌讓他猝不及防。“那次挫折教會了我很多。其實，外人眼裡的成功，很可能在一夜之間消失，唯有做對他人有意義的事，你的成功才能持久。”

面對挫敗，他沒有選擇逃避，而是轉戰中國香港和大陸，在改革開放初期設立貿易公司，與沃爾瑪等國際巨頭合作。那是一個遍地機會的年代，紅火的生意讓財富再一次回流到自己的帳戶。那段時間，他的女兒剛剛出生，作為一名顧家的男子，為了能讓太太和孩子有更舒適的生活與受教育的環境，他放棄在香港業已積累的一切社會資源，移民加拿大，決心再次從頭開始。

“辭行時，父親送給了我一盒糖果當作告別禮物，”林耀西微笑著回憶。“他相信我能在萬裡之外活下去。” 的確，他不僅活了下來，還再一次於異國他鄉站了起來。

初到加國，堅守底線

當一家人抵達多倫多時，林耀西挑起生計重任，他要重新開始。為了尋得一份有挑戰力的工作，他打電話給一家知名的地毯公司。別的求職者可能碰壁一次就頹然放棄，而林耀西則是每十分鐘就打一次電話，連續多日不間斷。一周後，他終於得到了這份薪資上不封頂的銷售崗位。而僅僅半年之內，他便以傲人的業績躋身全公司220名銷售人員的前十名，這樣的戰果也讓他一躍由基層升任至部門經理。

“在工作中，錢不是第一位的。如果你只是沖著錢拼命，那最後掙到大錢的一定不是你。”林耀西是一位有原則的職場人，當發現自己的價值觀與上級差異極大時，他默默地明白，又到了該說“再見”的時刻。即便傭金不菲，林耀西還是辭去了這份工作。可隨之而來的生活壓力，也讓他再次陷入人生低谷——上有老下有小，但卻失去了生計。

在商海搏擊中樹立商譽

危機中，出於對國際市場的敏銳洞察，林耀西毅然返回馬來西亞。因抓住了當時的股市良機，林耀西積累了再次創業的啟動資金。而此時他深知，真正的歸屬已在加拿大。1998年，他又一次回到熟悉的加國地板行業，開設了第一家門店。經過奮力經營，到2002年，他便已擁有10家分店，其中7家是由朋友加盟的連鎖門店。但命運，再次捉弄了他。

“突然有天，我長期合作的老客戶在同一時間停止了付款，”他說，“他們的毀約讓我確實差點倒下。”經過這次慘痛，林耀西意識到，任何時候，都不能過於集中依賴少數客戶。2007年，他再次整裝出發，創立了Floors at Work —— 一家地板批發與分銷的企業。隨著公司銷量一路騰飛，合作商遍佈全國，人們逐漸發現，林耀西真正的成功，並非僅僅源於經營，而是源自企業的社會責任以及文化的溫度。

成就他人，反哺社會

當你步入位於密西沙加的企業總部，每位忙碌的員工臉上都洋溢著朝氣和衝勁。林耀西為基層員工支付大學學費，幫助他們取得專業認證，甚至協助購房。他在公開會議上鼓勵員工積極創業，並邀請他們入股公司。在新冠疫情期間，別人裁員減薪，他反而擴張業務，提高員工薪資，讓每位夥伴都從心底裡得到安定感。林耀西常說：“如果你讓自己身邊的人成功，你自然也會成功。”

他的慷慨不止於企業，在公益慈善活動上，常常能看到林耀西的身影。受到父親曾于1994年在故鄉（中國福建安溪縣）捐資興建中學的義舉感召，作為新馬協會和華人專業商業協會的主席，他帶頭籌集數百萬資金，用於支援多地醫療教育機構、高等學府、長期護理院、無家可歸者庇護所等社區服務領域。例如，在馬來西亞，他資助學校設立電腦教室，讓貧苦的學生也能享受平等的教育資源；他匿名捐款，為貧寒家庭的兒童做心臟手術，給一個個小生命重生的希望；在多倫多，世嘉堡作為華人聚居的重要地區之一，他大舉資助了該區醫院（Scarborough Hospital）新翼樓的建設，並為長期護理院、臨

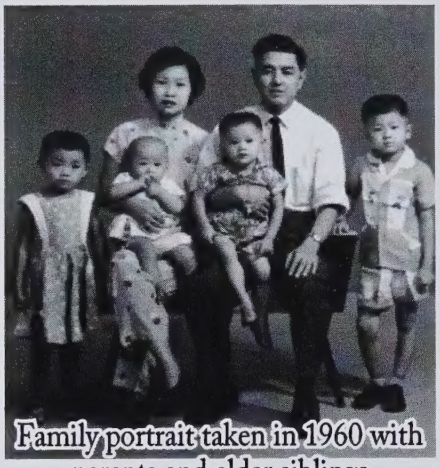
終關懷中心等提供重要的資金支援。

此外，林耀西還發揮社會號召力，舉辦文化活動，呼喚更多有識之士加入到公益捐贈的隊伍中來。他連續五年主動擔任密西沙加華人專商協會標誌性籌款活動鳳宴慈善晚宴的共同主席，並作為頤康基金會“龍宴”慈善晚會的共同主席兩次，在該活動中協助創下本地籌款紀錄；疫情期間，他親自購買數十萬份個人防護物資，為大多倫地區的老人和醫院提供雪中送炭般的支援；他還連續三年成為密西沙加食物銀行的最大企業捐助者，甚至要求主辦方不必提他的名字……過去30年間，林耀西無論身處何地，始終堅持回饋社會，日常義舉更是不勝枚舉。

作為華人大家庭的一員，為了宣導多元文化與華語影業的藝術交流，2024年，林耀西擔任了首屆多倫多中華電影節的名譽主席，從而讓《第二十條》、《吃苦》、《獅子山上》等一批優質華語影片能夠在加拿大的國際舞臺上得到更多關注與推廣。“中國傳統文化給了我更廣的人生視野，這份傳承始終在我們的家族裡流淌著。”林耀西如是說。

尾聲

2025年，林耀西榮獲英國國王查理斯三世加冕勳章。這一榮譽不僅表彰了他的企業成就，更是對他社會貢獻的肯定。人生從來沒有坦途。回首來時路，在經歷過挫折、重生、成功、回饋社會後，林耀西相信，每份經歷都是一片不可缺少的拼圖，只有把其中的順逆起伏都一一曆驗後，我們的生命才能越發耀目，愈發精彩！



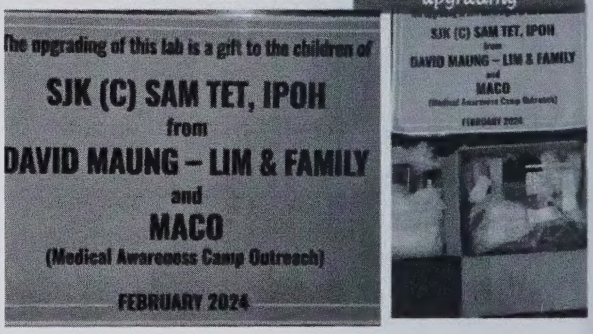
Family portrait taken in 1960 with parents and elder siblings

Recognition Wall of Yee Hong Peter K. Kwok Hospice – David Maung (Lim) Family has donated for naming of two rooms, 2023

David and his wife, Lulu walking the red carpet at the Inaugural Toronto Chinese Film Festival , October 2024

David's father built the school in their hometown (An-Khue, Fujian, China) in 1994, David continues to sponsor them ever since

Attending the Opening of the new Diagnostic Imaging Centre of Scarborough Health Network, February 2025



Sponsoring project for SMJK Sam Tet, school in Ipoh, Malaysia

Attending Fete Chinoise Gala 2025, with family

Fete Chinoise Edition 10: On the Shoulder of Giants (Asian Heritage Month 2025)

Cheque presentation to Yee Hong Community Wellness Foundation at Dragon Ball 2025

With Bonnie Crombie, Ontario Liberal Party Leader and John McCallum, Former Federal Cabinet Minister at 2023 X' mas party

Addressing 650 people at the Inaugural Toronto Chinese Film Festival 2024

Cheque presentation to Mississauga Food Bank, being top donor 3 years in a row

Celebrating Madam Hazel McCallion's 99th Birthday at CPB's Spring Banquet 2020

Presentation of the King Charles III Coronation Medal by MP Shaun Chen, February 2025

David Maung (Lim) : Paving the Way and Building Dreams

The Chinese name of David Maung(Lim) , "耀西" (Yiu Sai), signifies radiance in the west, a name given by his grandfather with serendipitous foresight. As a shining example of Chinese entrepreneurs, David has persevered in the business world for 40 years. Facing the ups and downs of his entrepreneurial journey, he has always adhered to his beliefs, remaining resilient. Beyond his work, he is widely recognized as a role model in philanthropy, known for his generosity and commitment to helping the less fortunate. The flooring company he founded along with his quiet dedication to charitable causes, has not only helped thousands of families build their dream homes but also made David a true "dream builder." As its founder, he embodies the spirit of giving rooted in traditional Chinese values, extending a helping hand to aspiring young people and paving a smooth road toward their dreams.

Rootless and Drifting

David was born in 1960 in Hong Kong, in a time when material wealth seemed out of reach. When he was a child, his father moved the family to the growing city of Yangon, Myanmar. Immigration authorities registered their family name as Maung, a common Burmese name. Amid political turmoil and anti-Chinese sentiments after the military government came to power, the family had to migrate again. This time, they travelled by boat to Malaysia, with only $50 and hopes for a better future

"We were actually two-time immigrants," David recalls. In a foreign land, he understood from a young age that responsibility was not a choice but a necessity. He grew up in a large family with eight

siblings, where toys were a luxury. As a child, he worked part-time to save money for the family. His parents' hard work both inspired him and reflected his life like a mirror.

Despite the hardships, David showed exceptional potential. He served as the school librarian, debate team captain, badminton team member, and was also a student officer in the Red Cross, actively participating in volunteer work. "At that time, I had a simple thought: I wanted to be a useful person, not just live for the sake of living. If life is just about studying, working, getting married, and paying off a mortgage, that's not the life I wanted," he said. This simple belief carried him through the journey of his life.

Due to changes in Malaysia's educational language policy, David decided to study abroad in the United Kingdom. He worked part-time in a fast-food restaurant to help support himself while pursuing a degree in economics, and graduated with top grades from the University of East Anglia. After graduation, he returned to Malaysia, hoping to make his mark in a familiar environment. But fate had other plans for him.

Early Success and Sudden Change

At the age of 26, David became the youngest director of a listed company in Malaysia. He led the company to rapid expansion, becoming a millionaire. However, the market crash of 1987 caught him off guard. "In fact, what others view as success can disappear overnight. Only by doing things that are meaningful to others can your success truly last."

Faced with the setback, he turned to Hong Kong and Mainland China, setting up a trading company during the early stages of

China's economic reform, partnering with international giants like Walmart. It was an era full of opportunities, and his booming business once again brought wealth into his hands. During this time, his daughter was born, and as a family man, he wanted a better life and educational environment for his wife and child. He gave up his social connections in Hong Kong and emigrated to Canada, determined to start over.

"When I left, my father gave me a box of candies as a farewell gift," David recalls with a smile. "He believed I could survive even thousands of miles away." Indeed, David not only survived, but he once again thrived in a foreign country.

Starting Over in Canada, Upholding Principles

When his family arrived in Toronto, David took on the responsibility of providing for them and started over. To find a challenging job, he called a well-known carpet company. While other job seekers might have given up after a single rejection, David called different stores day after day. After a week, he finally landed a sales position without a ceiling cap on commission. Within just six months, he was in the top ten of the company's 220 salespeople, and his remarkable performance led to a promotion to department manager.

"In work, money is not the top priority. If you're only driven by money, you won't be the one who ends up with the big earnings," David says. When he realized his values greatly differed from those of his superior, he knew it was time to say "goodbye." Despite the high commissions, David quit his job. However, the pressure of life soon pushed him back to a low point—he had a family to support but had given up his source of income.

Building a Reputation Through the Tides of Business

During this crisis, driven by his keen insight into the international market, David made the bold decision to return to Malaysia. Seizing the opportunity presented by a booming stock market, he was able to accumulate the startup capital for his next venture. Yet even then, he knew his true home was in Canada. In 1998, he returned once again to the familiar Canadian flooring industry and opened his first store. Through tireless effort and dedication, by 2002, he had expanded to ten stores, seven of which were franchise locations operated by friends. But fate played another trick on him.

"One day, several long-time clients suddenly stopped paying at the same time," he recalls. "Their breach of contract nearly brought me down." The painful experience taught David a vital lesson: never become overly dependent on a small number of clients.

In 2007, he started anew, founding Floors at Work — a flooring wholesale and distribution company. As the business rapidly grew and expanded its partnerships across the country, people came to realize that David's true success wasn't merely built on business acumen, but on his commitment to social responsibility and the human warmth embedded in the company's culture.

Empowering Others, Giving Back to Society

When you step into the corporate headquarters in Mississauga, every busy employee radiates energy and drive. David pays university tuition for entry-level staff, helps them with professional certifications, and even supports them in buying homes. At company meetings, he encourages employees to pursue their own ventures and invites them to invest in the business. While others laid off

staff and cut salaries during the COVID-19 pandemic, he expanded operations and raised wages, giving his team a deep sense of stability and belonging. David often says, "When you help the people around you succeed, you'll naturally succeed as well."

His generosity extends far beyond his company. In the world of philanthropy, David is a familiar and respected figure. Inspired by his father who donated funds to build a middle and high school in his hometown (Anxi, Fujian, China) in 1994; David continued to support this meaningful initiative ever since. As President of the Singapore Malaysia Association and Vice-President of Mississauga Board of Chinese Professionals and Businesses Foundation, he led the effort to raise millions in support of local hospitals and university, long-term care homes, shelters for the homeless, and other community services. In Malaysia, for example, he funded the installation of computer labs in schools so that underprivileged students could access quality education. He has anonymously donated to cover the costs of life-saving heart surgeries for children from low-income families. In Toronto, recognizing Scarborough as a major hub for the Chinese community, he made major contributions to the expansion of Scarborough Hospital Network and funded long-term care centres and hospice.

Beyond financial support, David uses his social influence to rally others to join in charitable giving. For five consecutive years, he served as co-chair of the Phoenix Ball, the signature fundraiser of the Mississauga Board of Chinese Professionals and Businesses (CPB) and as co-chair of the Dragon Ball charity gala of the Yee Hong Community Wellness Foundation, in which David twice helped set local fundraising records. During the pandemic, he personally purchased and distributed hundreds of thousands of units of personal protective equipment and millions of masks to

support seniors and hospitals across the Greater Toronto Area. For three years in a row, he has been the largest corporate donor to the Mississauga Food Bank—insisting that his name not even be mentioned by organizers.

Over the past 30 years, no matter where he has been, David has remained committed to giving back. His acts of kindness, both large and small, are too numerous to count.

As a member of the Chinese community, David also promotes multiculturalism and the artistic exchange of Chinese-language cinema. In 2024, he served as Honorary Chair of the first Toronto Chinese Film Festival, helping films like Article 20, Eating Bitterness and Lion Rock gain more attention and promotion on Canada's international stage. "Chinese traditional culture has given me a broader perspective on life, and this legacy continues to flow through our family," David says.

Epilogue

In 2025, David was awarded the King Charles III Coronation Medal. This honor not only recognizes his business achievements but also affirms his social contributions. Life has never been easy. Looking back on his journey, after experiencing setbacks, rebirth, success, and giving back to society, David believes that every experience is an essential piece of the puzzle. Only after going through the ups and downs can our lives shine brighter and become more extraordinary!

Official photo on retirement from the Nova Scotia Court of Appeal

李蘭馨
The Honourable Linda Lee Oland

作者：金綺文

Writer: Annie Qiwen Jin

理性與溫情：李蘭馨的法律人生

在法律職業生涯中，李蘭馨（The Honourable Linda Lee Oland）始終走在前沿。她的成就和貢獻展現了在逆境中堅韌不拔、積極進取的精神以及對公共服務的堅定奉獻。

在困境與堅韌中成長的童年

如同當時許多在加拿大的華裔一樣，李蘭馨的父母曾因《排華法案》而被迫分離。她父親曾在卑詩省謀生，母親留在中國。1948年，《排華法案》廢除一年後，她的父親終於得以將妻子接到加拿大。當時，他們已在中國育有三個子女。後來他們定居哈利法克斯，在當地又育有三名子女，李蘭馨就是其一。

父親在一間華人洗衣店工作，李蘭馨小時候他們一家就住在洗衣店樓上。對李蘭馨而言，童年的記憶是在熨衣服的大桌子下玩耍，以及在在乾衣間懸掛的床單間玩捉迷藏。那時哈利法克斯的華人很少，彼此聯繫特別緊密，孩子們在一起玩，男人們則聚在一起討論大事。

七年級時李蘭馨被選進一個專為優等生開設的特別班，並一直讀到高中畢業。但李蘭馨覺從沒覺得自己特別聰穎，她說：「我不是筆盒裡那支削得最尖的鉛筆。只是因為父母的影響，我很用功，我會花很多時間去搞清楚一個問題，或是聽取（意見）。」

她猶記得坐在樓梯上，聽父親和其他男人討論她和姐姐上

大學的事。他們中很多人認為女孩將來都會嫁人，然後成為別人家的一員，花錢讓女兒讀大學是浪費錢。李蘭馨深知家裡經濟拮据，也明白父親在家裡説一不二：若是他反對的事，就沒有轉圜的可能。

夢想與堅持

幸運的是，很多人看到了李蘭馨腳踏實地和持之以恆的品格，他們在不同人生階段成為她的導師，鼓勵她不斷突破局限。一些學校老師和朋友去遊説她父親，勸説他同意讓兩個女兒讀大學。父親雖守舊，卻是注重教育的。他最終同意，只要女兒們能夠自己負擔全部或大部分大學費用，就讓她們讀下去。

整個中學期間李蘭馨都在利用假期和業餘時間打工，加上獲得獎學金，她如願以償讀了大學，並選擇英語和數學作為自己的專業。大概正是這樣文理兼修的專業背景成就了她獨特的氣質：既有數理邏輯的嚴謹，又有人文情懷的溫潤。

畢業後李蘭馨去了新不倫瑞克省，在聯邦政府一個管理人力資源和移民事務的部門工作。在那個年代，一個華裔女孩讀過大學，有份好工作、穩定收入和屬於自己的住所，已然很了不起。然而她的導師們卻不贊成她安於現狀，而是鼓勵她往法律方向發展。

打破職業壁壘

李蘭馨終是回到哈利法克斯進入達爾豪斯大學法學院（現

更名為舒立克法學院）繼續學業。1977年她拿到新斯科舍省律師牌照時，很可能是該省第一位獲得律師職業資格的華人。

她加入大西洋省份最大的麥金尼斯庫珀律所，成為該律所聘用的第一個少數族裔人員，後來更成為第一位女性合伙人。從業之餘，她亦在幾家法律機構服務，並曾在母校兼職教授法律。她無時無刻不被提醒着自己是那個「獨一無二」的存在——律所合伙人的會議開場語往往是「先生們和李蘭馨」。當她即將生第一個孩子時，才發現當時律所里關於孕產期女員工的政策為空白。

回憶這些往事時，李蘭馨顯得雲淡風輕，她似乎永遠都以坦然的心態接受命運的挑戰與考驗。她牢記着父母關於「榮譽」的教誨，無論何時何地，必須正直守信，因為她不只代表着自己，更代表着她的家人和華裔社區。

憑藉出色的專業能力和敬業精神，李蘭馨於1997年獲得御用大律師頭銜。受封儀式上，一位前輩鼓勵她去爭取法官職位，這個建議引導她走向了奠定人生角色的道路。

職業飛躍

1998年李蘭馨成為新斯科舍省高等法院首位少數族裔法官。從律師到法官是一個巨大飛越，尤其她此前並非訴訟律師，而是專長於公司、商業、地產和信託法。但她一如既往以勤奮擁抱挑戰。

僅僅兩年後她再度創造歷史，晉升為新斯科舍省上訴

法院法官，她也是加拿大第一位被任命為上訴法院法官的華裔。在上訴法院，她與另兩位或更多法官組成合議庭，審核下級法院及仲裁庭做的判決，發現其中有嚴重失誤時予以推翻或改判。當事人若對上訴法院的裁決有異議，則需去加拿大的最高級法院、即渥太華的聯邦最高法院進行聽證。

「法律是關於人的」

提到法官，人們常會聯想到剛正不阿、鐵面無情的形象。在中西方文化里，法的象徵物都蘊含規避人類情感影響以尋求公正之意。「法」的古漢字寫為「灋」，左邊三點水代表法律如水面般平正；右邊的「廌」是傳説中的獨角神獸，當兩方發生爭執時，它會用角頂不誠實的那一方，使其離開，「廌」下方的「去」即為此意。西方文化中的正義女神則蒙着雙眼，寓意司法者當摒除外界干擾，不為所見所感左右，方能做出公正決斷。

然而李蘭馨和這些想象不一樣，在她身上，理性思維的冷靜和人文關懷的溫暖恰到好處地統一了起來。她説：「法律終歸是關於人的。」它幫助我們構建社會、指引方向和創造秩序。她深知每個案件背後都是活生生的人，判決可能徹底改變他們及其家庭的命運。在法庭上，她耐心傾聽，尊重每一個人。回到辦公室，她盡力寫出清晰合理的判詞，以便當事各方和公眾能夠理解。

除了審理案件，李蘭馨還被首席大法官指定為其在新斯科舍省勳章委員會的代表。此外，為響應加拿大雙語國策，李蘭馨通過不懈努力成為新斯科舍上訴法院首位具備完全雙語能力

的英語母語法官。

擔當與傳奇

李蘭馨對新斯科舍省及加拿大司法界最大的貢獻之一當屬她為加強司法界多樣化和包容性所做的建議報告。她於2016年受命起草這份報告，為此開展了大量訪談，做了深入研究，提出一系列深思熟慮的建議。該報告得到司法界高度認可，並為推動法官隊伍多樣化和重塑法律界起到切實作用。

她的專業素養和沉穩風格為她贏得同行和民眾的信任與尊重，2020年她從上訴法院退休，但此後又兩度被請出山委以重任，以至她的子女問她，何時才能像其他人一樣真正地退休。

第一次是2022年2月，她被委任為新斯科舍省檢察署代理總檢察長，為期六個月。當時前任總檢察長退休，新人選確定前需一位可靠人士領導全省100多位檢察官。

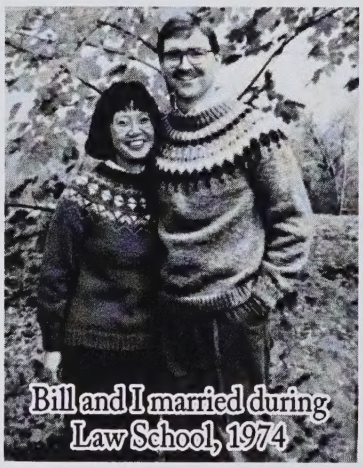
2020年春，新斯科舍省發生一起慘案，22人接連被一名獨行槍手槍殺。這場悲劇促使省級和聯邦政府共同成立了聯合委員會，展開公眾調查，並最終發布了包含眾多建議的報告。2023年，李蘭馨再度被請出山，被任命為「進展監督委員會」的創始主席，負責監督政府和警方在執行這些建議方面所取得的進展。此前從未有過這種委員會，且這項任務涉及方方面面，影響深遠。翌年五月，李蘭馨為這項任務交出滿意答卷。然而她的精神仍在延續，她的成就和故事不斷激勵着更多人。

Our Family in Halifax, 1953

May, Ken, and Linda at Christmas above the Laundry, 1955

Schoolgirl, 1956

Grade 7 Major Work Class, 1962 - 1963



Law School graduation photo, 1976

At my Law School graduation, with my mother and Ken, 1976

Lawyer, wife, and mother to Andrew and Julia, 1983

Admission to the Nova Scotia Bar, 1977

Awarded Queen's Counsel designation, 1997

At my swearing-in as a Judge of the Nova Scotia Supreme Court, 1998

With my family, at my swearing-in as a Judge of the Nova Scotia Court of Appeal, 2000

As the Court's one-person art committee

Administering the Oath of Office to the Lieutenant-Governor of Nova Scotia, 2012

Mentoring law clerks

My family has been my support and joy

At a press availability, as Founding Chair of the Progress Monitoring Committee, 2024

Balancing Reason and Compassion: Linda Lee Oland's Legal Journey

Throughout her career in the law, the Honourable Linda Lee Oland has been a trailblazer. Her achievements and contributions reflect resilience in adversity, a positive approach, and dedication to public service.

A Childhood Rooted in Hardship and Determination

Like so many people of Chinese descent in Canada at that time, Linda's parents were kept apart by the Chinese Exclusion Act. Her father lived and worked in British Columbia while his wife remained in China. In 1948, a year after the act's repeal, he was finally able to bring her to Canada. By then, they had three children born in China. They settled in Halifax where they had three more children, including Linda.

Linda's father worked in a Chinese laundry. When Linda was young, the family lived in just one room above the laundry. She remembers playing under the wide ironing tables and hide-and-seek in and out of the sheets hanging in the drying room. The local Chinese community was small but close-knit, with children playing together while the men gathered to discuss important matters.

In seventh grade, Linda was selected for a special class designed for exceptional students, where she remained until high school graduation. Linda has never considered herself particularly brilliant: "I would not say that I'm the sharpest pencil in the box. But because of my parents' influence, I was a hard worker. I would put hours into

what it takes to understand something and listen." This industrious attitude served her well throughout her life.

Linda remembers sitting on the stairs at the laundry, listening to her father and other Chinese men debate higher education for her older sister and herself. Many argued that a girl would simply marry and become part of someone else's family. Spending money on a university education for daughters was wasteful. Linda knew that her family's finances were very tight and her father's authority was unquestionable. If he was against it, that was that.

Dreams and Perseverance

Fortunately, many people recognized Linda's down-to-earth and persistent spirit. They became her mentors at different life stages, encouraging her to break through limitations. Some school teachers and friends helped convince her father to let both his daughters attend university. Although traditional in his views, he valued education. If his daughters could cover all or most of the cost themselves, they could go.

While attending school, Linda worked in her spare time and during her summers. A university scholarship also helped her towards obtaining her undergraduate degree, focusing on English and mathematics. This unique blend of disciplines may have helped shape what became her distinctive approach – logical and precise, yet deeply empathetic.

After university, Linda went to New Brunswick to work in a federal department managing human resources and immigration affairs.

For a young Chinese woman in the early 1970s, having secured a university degree, a respectable job with a stable income, and living independently was already quite an achievement. However, her mentors challenged her to do more and suggested she reconsider her interest in law.

Breaking Professional Barriers

Linda returned to Halifax and obtained her law degree from Dalhousie University Law School (now the Schulich School of Law). When she was called to the Nova Scotia Bar in 1977, she was likely the first Chinese Canadian lawyer in that Province.

Linda joined one of the largest law firms in Atlantic Canada, McInnes Cooper (formerly McInnes, Cooper & Robertson). She was their first minority hire. In addition to her legal practice, she served on several legal organizations and, for several years, taught part-time at the Law School. Linda became the firm's first woman lawyer to make partner. She could not avoid being reminded of her uniqueness. The call to order at partners' meetings was "Gentlemen and Linda." When she expected her first child, her firm had no policies in place for maternity leave.

Recalling these experiences, Linda appears unruffled. She seems to have never viewed obstacles as grievances but as challenges to navigate with dignity. She always remembered her parents' teachings about "honour"—that she must uphold honesty, integrity, and diligence at all times, for she carried the weight of representing not only herself but also her family and the Chinese community.

In 1997, Linda was awarded the prestigious Queen's Counsel designation, a recognition for her legal expertise and dedication. At the ceremony, a person she highly respected encouraged her to apply to be appointed a judge. This suggestion would lead to her defining role.

A Huge Leap in Career

Linda was appointed to the Nova Scotia Supreme Court in 1998. She was the first judge from a visible minority. Transitioning from being a lawyer to a judge was a huge leap, particularly as Linda had specialized in corporate and commercial laws, and estate and trusts laws, not litigation. However, she embraced the challenge and, as always, worked hard.

Just two years later, Linda was elevated to the Nova Scotia Court of Appeal. She made history again, as the first Chinese Canadian appellate court judge anywhere in Canada. On that Court, Linda sat on panels with two or more other judges, reviewing decisions of the courts below and several tribunals for error, and overturning or amending them if serious errors were found. Appeals of decisions made by the Court of Appeal are heard by the highest court in Canada, the Supreme Court of Canada in Ottawa.

"Law is about people"

When people think of judges, they imagine stern, unyielding figures. Indeed, in both Chinese and Western cultures, legal symbols embody the intention to seek justice by avoiding the influence of human emotions. The ancient Chinese character for law, "灋", has

water on the left, representing how justice should be as level as a water surface; on the right is "鷹", a legendary unicorn-like creature that would gore whichever party that lacks integrity in a dispute, forcing them to "去" (leave) as shown at the bottom of the character. In Western culture, Lady Justice wears a blindfold, symbolizing that judges should eliminate external factors to make fair decisions.

However, Linda defies this expectation with a fine balance between rationalism and human warmth. She says, "Law is all about people." It helps structure society, giving guidance and creating order. She was conscious that every case involved individuals whose circumstances, along with their families', might be completely altered. In the courtroom, Linda listened patiently and carefully and treated everyone with respect. Back in her office, she tried to write clear, reasoned decisions so that the parties and the public could understand the result.

Among other responsibilities, the Chief Justice designated Linda as his representative on the Order of Nova Scotia committee. Linda recognized that Canada is a bilingual country and, through hard work, became the first English-speaking judge on the Nova Scotia Court of Appeal to attain functional bilingualism.

Leadership and Legacy

One of Linda's greatest contributions to justice in her Province and Canada was her comprehensive report exploring ways in which the Courts might enhance diversity and inclusion on their benches. After she was selected by Nova Scotia Courts leadership to do this job in 2016, Linda interviewed numerous people and

conducted extensive research. Her thoughtful recommendations were all accepted and have helped to grow the pool of diverse justice candidates and reshape the legal landscape.

Linda's professionalism and quiet, calm manner earned her broad trust and respect in the legal community and with the public. She retired from the Nova Scotia Court of Appeal in 2020 but subsequently was persuaded twice to accept positions of public service. Each time her children asked why she couldn't just stay retired like other people!

In February 2022, Nova Scotia appointed Linda as Acting Director for its Public Prosecution Service for six months. The long-serving Director had retired and a steady hand to oversee over 100 prosecutors was needed.

In the spring of 2020, 22 people in Nova Scotia were killed by a lone gunman over a short period. This tragedy led to a public inquiry by a joint commission appointed by the provincial and federal governments and a final report with numerous recommendations. In 2023, Linda was appointed as Founding Chair of the Progress Monitoring Committee, which was to monitor the progress made by the governments and police in implementing those recommendations. This was the first such committee, and everything was new. The role was complex, involving multiple stakeholders. Linda completed her work as Founding Director in May 2024, but her legacy continues and her accomplishments as well as her stories keep on inspiring more people.

温紹昌
Raymond Wan

作者：金綺文

Writer: Annie Qiwen Jin

靜水流深：溫紹昌的建築設計理念與人文情懷

建築設計師的名字通常會和他們的標誌性作品一起被人銘記於心，就好像古斯塔夫·埃菲爾的名字與巴黎鐵塔一起流芳百世，盧浮宮的玻璃金字塔讓人們永遠記住了貝聿銘一樣。過去30年，溫紹昌設計的數百座建築物改變了溫尼伯這座城市的天際線，但他卻從不在作品上鐫刻下自己的名字，也極少在自己的作品前高調露面。

他成就斐然卻低調、務實，仿佛靜靜的流水，表面平靜卻蘊含深厚力量，在不經意間塑造着城市的輪廓與靈魂，正如中國古語所言”靜水流深”——不張揚的外表下，是深刻的智慧與堅韌的品格。

求學路與職業選擇

溫紹昌生於香港。1975年，15歲的他被父母送來加拿大曼尼托巴省的小鎮格雷塔納讀高中。正當青春年少時忽然沒了父母在身邊照拂，生活很辛苦，他卻笑説自己因此在專業選擇方面有了很大自由，沒有像周圍的華人同學一樣被父母要求必須讀醫學或者法律。

最初溫紹昌選了曼尼托巴大學的工程專業，但兩年後他發現自己真正的興趣並不在此，於是改學經濟專業，並以優等生成績畢業。大學期間他認識了一位做室內設計的朋友，在後者影響下對室內設計產生了興趣。

幼時溫紹昌一直喜愛畫畫，在香港曾拿過很多繪畫方面的獎，但從沒受過繪畫的專業培訓。大學畢業後他選擇進修了一年室內設計課程，接着申請上了建築設計碩士課程，並於1987年畢業獲得碩士學位。那時加拿大正在經歷一波經濟衰退，畢業生很難找到工作。但由於溫紹昌優異的學業和實習時的卓越表現，他在畢業前就拿到當地一家知名設計公司的聘用書。

服務至上的商業精神

在這家公司工作9年後，35歲的溫紹昌在妻子梁筠儀支持下決定放手一搏，自己創業。妻子為了支持他的事業和養育孩子，婚後一直待在家裡，直到孩子們稍大她才重返校園並獲得MBA學位，之後就一直與溫紹昌共同管理設計事務所的運營。

溫紹昌始終將客戶的需求置於首位。前來問詢的客戶，當天一定會收到回復。客戶的需求，無論是對建築本身的期望還是對預算的控制，他都高度重視。在他看來，建築設計絕非單向輸出，而是持續的對話與合作。他常常以謙遜的態度強調：「我們不是來告訴客戶你該造一幢什麼樣的建築的，而是同客戶一起合作，幫助他們實現目標。」

這種敬業和服務至上的精神，源於溫紹昌的家族傳統。他的祖父於上世紀40年代從中國大陸遷居香港，白手起家創辦大米進出口貿易公司，靠着勤奮、敬業和守信的風格，在競爭激烈的香港站穩腳跟。溫紹昌的父親與叔伯們繼承了家族事業，並將商業智慧與服務精神傳遞給了下一代。

以客戶為中心的設計理念

在溫紹昌的設計理念中，傾聽是創作的起點。他在設計前會與客戶深入交流，了解他們對建築物的使用方式和偏好。這種專注於細節的態度使他的每一個項目都能精準捕捉客戶的獨特需求，而不僅僅是追求表面的設計創新。多年來，他以專業素養和真誠態度贏得了眾多客戶的信任與尊重，他最自豪的是他的客戶99%都是回頭客，最開心的是看到自己設計的建築物被人們使用和喜愛。

事務所成立30年來，溫紹昌和他的團隊為溫尼伯及周邊地區設計了數百棟建築物。他的設計風格大方、簡潔，既有現代感也注重實用性。從商業建築到社區公共設施，從都市摩天大廈到小鎮的養老公寓，他的作品塑造了溫尼伯的城市外貌。如今事務所除他自己以外還有4位全職設計師，他們每年承接60項設計任務，業務擴展到了東到哈利法克斯、西至溫哥華的加拿大全境。

代表作之一：「最吵鬧的體育場」

在所有作品中，對溫紹昌最具意義的是溫尼伯的全加橄欖球聯賽體育場（後更名為Princess Auto 體育場）。設計這個體育場前，他先深入了解球迷們觀看球賽時的喜好。為了打造一個可以讓球迷充分釋放熱情的「最吵鬧的體育場」，他研究了大量體育場館，特別是西雅圖的流明球場，最終設計出這座現代氣息濃厚和有自己特色的體育場。

這是一座能容納3萬多觀眾的露天體育場，它採用了部分

覆蓋式設計，懸臂式屋頂既可為觀眾席遮擋雨雪，又能起到增強音響效果的作用，實現了「最吵鬧」的目標。靈活實用的設計使得這座體育場具有「多功能」—除了舉辦加拿大橄欖球聯盟的比賽以外，這裡也舉辦過很多其他類型的體育賽事以及演唱會和入籍儀式等重大活動。它不僅成為溫尼伯的一個地標建築，也是服務於當地社區的一個重要場所。

代表作之二：新舊交融的宿舍樓

另一個溫紹昌非常滿意的作品是曼尼托巴省大學的彭比納學生宿舍樓。當學校負責人找到他設計這座樓時，溫紹昌面臨一個巨大挑戰：原址上有一幢兩層的建築物——彭比納學生服務中心，但其空間有限，而校方希望增加數百個宿舍房間。將服務中心拆除並在原址重新建一座高樓是最容易的，但這樣做成本高、耗時長。

溫紹昌想到一個辦法，不拆除舊樓，而是在舊樓上方建造一座高層宿舍樓，如同搭橋一般，在舊樓兩側各建一座窄窄的塔樓，支撐起橫跨舊樓上方的「橋梁」，橋梁主體即是宿舍樓。如此便無需拆除舊樓，既可增加300多間學生宿舍，又能大幅節約成本、縮短工期。

不過這個設計的挑戰在於需要精妙的計算，以確保兩側的塔樓能夠支撐起跨度50米、高度為13層的建築物主體。得益於溫紹昌大學兩年裡的工程學知識，他完成了這份精巧設計。新宿舍樓騎在舊樓上方，新舊交融，既有現代感，又能將新宿舍樓和原有的設施有機結合起來。

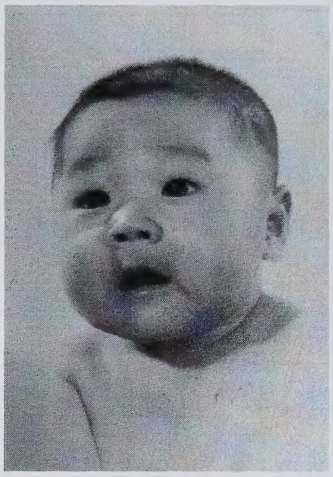
社區服務與公益事業

在工作之餘，溫紹昌熱忱投身於社區服務與公益事業。他與梁筠儀自青年時期起就積極參與社區公益活動。早在上世紀80年代，他們便每年夏季為溫尼伯的Folklorama多元文化節無私奉獻時間與精力。這一持續兩周的盛會最初源於溫尼伯唐人街，後來吸引了當地其他族裔的加入，逐漸發展成為一場豐富多彩的文化盛宴。

多年來，溫紹昌一直在各類社區公益活動的幕後默默耕耘，貢獻着自己的智慧與力量。他不僅傾注大量時間與精力，更經常慷慨解囊。他是溫尼伯中華社區基金創立之初的主要捐贈者之一，並擔任了溫尼伯中華文化中心主席，為促進文化傳承與交流盡心盡力。

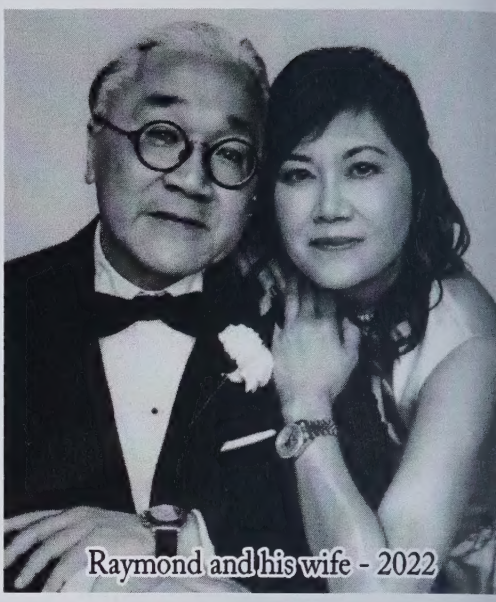
他說，參與社區活動使他有機會結識來自各行各業的人士，深入了解各個社區的特色與需求。這些經歷與人際聯繫，不僅豐富了他的人生閱歷，更為他的建築設計注入了豐富的人文關懷，使他能夠創作出更貼合不同群體需求與期望的建築作品，真正實現了建築與人文的完美融合。

溫紹昌不僅用他的設計才能勾畫了溫尼伯的城市輪廓，更以他的專業精神與人文情懷，在加拿大樹立了華人建築師的卓越典範。



This is how it started - 1959

Typical family annual photos - 1964



Raymond and his wife - 2022

Raymond's 4 children - 1994

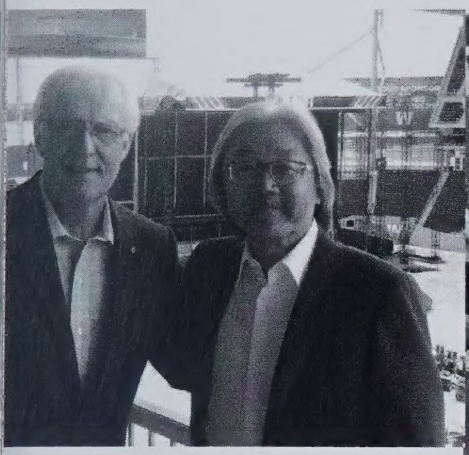
Wan's Family-Son's wedding - Vancouver - Aug 2022

Wan's Family - Sept 2023

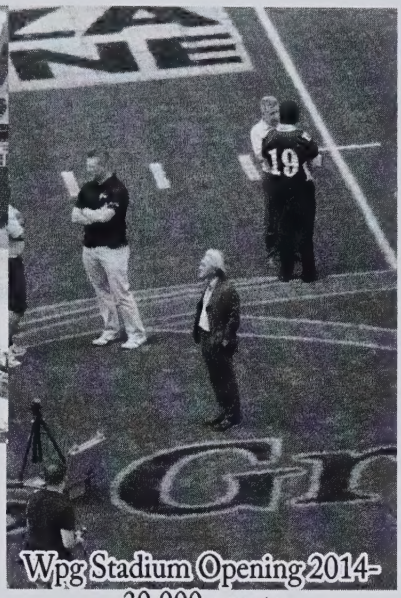
Wan's Family - Christmas 2024

Wan's Family - Sept 2024

Grandparents with 4 grandchildren-Sept 2024



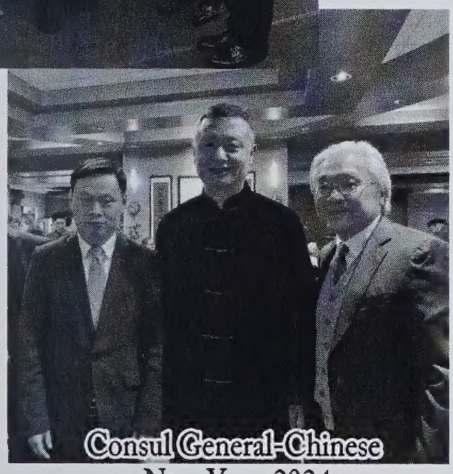
pg Stadium Opening Interview
CBS Ron Williams-2014



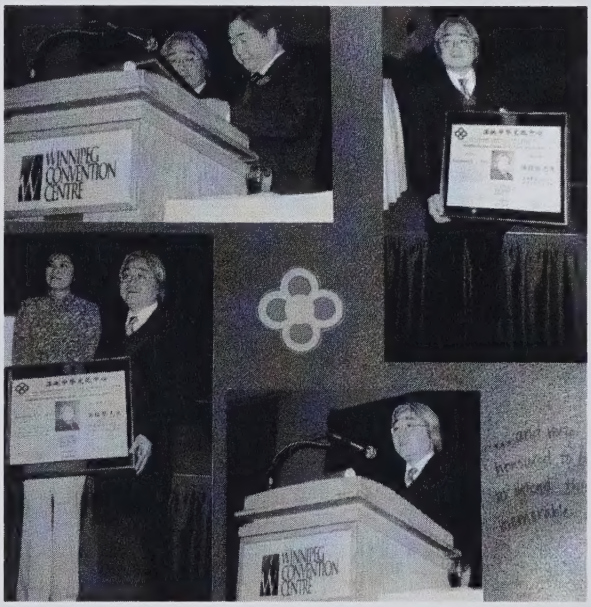
Wpg Stadium Opening 2014-
30,000 guests

Greeting Manitoba Premier
Wab Kinew-Golden Dragon
2023

Greeting the Hon. Philip Lee
and Anita Lee, Neville,
Golden Dragon 2023



Consul General-Chinese
New Year-2024



WCCCC-Golden Dragon 2025

King Charles III Coronation Medal -
Hon. Philip Lee 2025

King Charles III Coronation Medal-
MP Ben Carr 2025

Still Waters Run Deep: Ray Wan's Architectural Vision and Humanistic Spirit

Architects are often remembered alongside their iconic works—just as Gustave Eiffel's name lives on with the Eiffel Tower, or I.M. Pei is forever linked to the Louvre's glass pyramid. Over the past three decades, Raymond S.C. Wan has designed hundreds of buildings that have transformed Winnipeg's skyline, yet he never inscribes his name on his creations and rarely makes public appearances at his completed works.

His achievements are impressive, yet his approach remains low-key and practical—like still waters that appear calm on the surface while harboring great depth and power, quietly shaping the contours and soul of the city. This embodies the ancient Chinese wisdom of "still waters run deep"—beneath his unassuming exterior lies profound wisdom and unwavering character.

Educational Journey and Career Path

Born in Hong Kong, 15-year-old Raymond Wan was sent by his parents to study at the high school in the small town of Gretna, Manitoba in 1975. Though challenging to be suddenly without parental guidance during his formative years, he smiles when recalling how this gave him freedom in choosing his career path, unlike many fellow Chinese students who had to pursue either medicine or law at their parents' request.

Ray began his studies at the University of Manitoba as an engineering major, but after two years, he realized his true passions lay elsewhere. He switched to economics and went on to graduate with honors. During university, he befriended an interior designer who sparked his interest in the field.

Since childhood, Ray had enjoyed drawing and won numerous art awards in Hong Kong, though he never received formal training. After obtaining his economics degree, he completed a one-year interior design program before enrolling in a master's program in architecture, which he successfully finished in 1987. Despite an economic recession with high unemployment among graduates in Canada at that time, Ray's academic excellence and outstanding internship performance earned him a position at a prominent local design firm before graduation.

Service Above All

After nine years with the firm, 35-year-old Ray took the plunge to start his own business with his wife's support. Connie Leong had initially stayed home to support Ray's career and raise their children. Later on, she joined Ray in managing the design firm's operations after getting an MBA when the children were older.

Ray takes a client-focused approach. He ensures that clients' inquiries receive same-day responses and attaches great importance to clients' expectations for both building functionality and budget constraints. In his view, architectural design is never a one-way output but an ongoing dialogue and collaboration. He humbly

emphasizes: "We're not here to tell clients what kind of building they should construct, but to work with them to help achieve their goals."

This dedication and service-oriented spirit stem from his family tradition. His grandfather moved from mainland China to Hong Kong in the 1940s, building a rice import-export business from scratch through diligence, dedication, and integrity. Ray's father and his siblings continued the family business, passing these commercial values and service principles to the next generation.

Design Philosophy

In Ray's design philosophy, listening marks the beginning of creation. Before designing, he engages in deep conversations with clients to understand their usage patterns and preferences. This attention to detail ensures each project precisely captures unique client needs rather than merely pursuing superficial design innovation. Over the years, his professionalism and sincerity have earned clients' trust and respect. He takes great pride in his 99% client retention rate and finds real joy in seeing people use and appreciate his buildings.

In the 30 years since establishing his firm, Ray and his team have designed hundreds of buildings throughout Winnipeg and surrounding areas. His design style is generous and sleek, both modern and practical. From commercial buildings to community facilities, from urban skyscrapers to small-town retirement homes, his work has shaped Winnipeg's urban landscape. Today, his firm

employs four full-time architects besides himself, handling 60 design projects annually, with business extending across Canada from Halifax to Vancouver.

Signature Work I: "The Noisiest Stadium"

Among all his works, the Canadian Football League stadium in Winnipeg (later renamed Princess Auto Stadium) holds the most significance for Ray. Before designing, he thoroughly researched football fans' preferences when watching games. To create "the noisiest stadium" where fans could fully express their enthusiasm, he studied numerous arenas, particularly Seattle's Lumen Field, ultimately designing a stadium with distinctive modern character.

This open-air stadium accommodates over 30,000 spectators with a partial-coverage design. The cantilevered roof both shelters audience seating from rain and snow while enhancing acoustic effects, achieving the "loudest" goal. Its flexible, practical design allows it to host not only Canadian Football League games but also other sporting events, concerts, and citizenship ceremonies. It has become both a Winnipeg landmark and an important community venue.

Signature Work II: A Dormitory Blending Old and New

Another project Ray particularly values is the Pembina Hall Residence at the University of Manitoba. When approached by university officials, he faced a significant challenge: the original site contained a two-story building—the Pembina Student Services Centre—with limited space, while the university wanted to add

hundreds of dormitory rooms for students. Demolishing the service center and building a new high-rise would be simplest but costly and time-consuming.

Ray devised an innovative solution: instead of demolition, he designed a high-rise dormitory above the existing building. The new building consists of a high residence block spanning above the Service Centre like a bridge supported by two slender towers located on each end. This approach preserved the original building while adding over 300 student rooms, significantly reducing costs and construction time.

The challenge lay in precise calculations to ensure the side towers could support a 13-story structure spanning 50 meters. Drawing on his two years of engineering studies, Ray completed this intricate design. The new dormitory sits atop the old building, blending new with old, combining modern aesthetics while cleverly integrating new dormitory spaces with existing facilities.

Community Service and undertakings

Beyond work, Ray passionately engages in community services and public welfare undertakings. He and Connie have actively volunteered for community activities since their youth. Since the early 1980s, they've volunteered every summer for Winnipeg's Folklorama multicultural festival. This two-week celebration, originally starting in Winnipeg's Chinatown before attracting other ethnic communities, has evolved into a vibrant cultural feast.

For many years, Ray has worked behind the scenes of various community activities, quietly contributing his wisdom and strength. Beyond dedicating time and energy, he frequently donates generously. He was among the founding donors of the Winnipeg Chinese Community Foundation and served as President of the Winnipeg Chinese Cultural and Community Center, devoted to promoting cultural heritage and exchange.

He says community involvement allows him to meet people from various professions and understand different communities' characteristics and needs. These experiences and connections have not only enriched his life but infused his architectural designs with deeper humanistic care, enabling him to create works that better fulfill the needs and expectations of diverse groups, truly achieving perfect integration of architecture and humanity.

Not only did Ray Wan shape Winnipeg's urban profile with his remarkable design talents, but he also set an outstanding example of Chinese Canadian architectural excellence through his professional excellence and humanistic values.

黃何潔儀
Stephanie Wong

作者：楊芮

Writer: Ray Yang

黃何潔儀：守護夕陽，播種朝陽

中國歷史上，孟嘗君一直是樂善好施、高潔勤勉的實幹家代表。而在多倫多的“孟嘗會”，由一位滿心慈愛的華裔女性全力掌舵，12年便將這家有60載歷史的服務組織一躍成為加拿大最大的華人慈善機構之一。黃何潔儀的身上透著一種溫柔而堅定的力量——這是屬於一位跋涉萬里、歷經磨礪的行業領導者自內而外的篤然與自信。從香港熙攘的街頭，到加拿大遼闊的天空，從銀行業的激烈競爭，到慈善事業的人文關懷，她一路走來，憑藉著不懈的韌性、深厚的人性光輝，以及始終如一的使命感，繪製出一幅動人的人生畫卷。

長姐的擔當，香港記憶

“我是家中的長女，有三個弟弟。”黃何潔儀的敘述從1960年代的香港開始。父母早年從內地移居香港，父親經營進出口貿易，母親操持家務。作為長姐，她自幼便學會了在學業與家務間尋求平衡：“放學後要先幫媽媽照看弟弟們的起居，然後再做功課。”少年時的這份家庭的擔當，讓黃何潔儀比同齡人更早地明白了責任的分量。

父親白手起家的經歷深深影響了她。“他時常對兒女提醒：‘想要什麼，就得自己去爭取’！”這種務實精神貫穿了黃何潔儀的成長軌跡。也許是耳濡目染于父親的營商經歷，商業世界的邏輯與脈動自然而然地吸引了她。從香港理工學院工商管理系畢業後，她進入了香港滙豐銀行（HSBC）這家最負盛名的金融機構之一，開啟了自己的職業生涯。憑藉出色的業

務能力，她入職不久就成為同期新人中晉升最快的職員。“我喜歡國際金融的挑戰性，就像在解一道複雜的數學題。”

1989年，黃何潔儀與丈夫帶著年幼的女兒移民加拿大，然後，這次遠遷迎接她的卻是職業生涯的降維重啟。初到多倫多的冬日，她每天花費四小時往返士嘉堡與密西沙加的工作地點。“公交轉地鐵再轉班車，雪地裡等車時，我不斷問自己：為什麼要離開舒適的香港來這個陌生的苦寒之地？”但父親的教誨會在耳畔迴響：“工作遇到不順就放棄？那下一份工作可能會更糟。到底值不值得，是要看這份工能不能讓你成長！”

從金融到慈善，一場使命的召喚

在加拿大滙豐銀行期間，黃何潔儀的不懈努力終於有了回報。她不斷受到提拔，深耕的領域橫跨零售銀行、商業銀行及私人客戶服務等多項業務。作為私人客戶全國部門的負責人，她頻繁穿梭於蒙特利爾、溫哥華、卡爾加里、艾德蒙頓及多倫多等地，期間所錘煉出的卓越領導力與獨到的膽識成為了她管理大型專案的不二法門。

2003年，在銀行業早已躍升管理層的黃何潔儀開始了她與孟嘗會的緣分。受同事邀請，她時常以義工身份協助策劃孟嘗慈善晚宴等大型活動。最初只是出於“想幫點忙”的念頭，但很快，她就被孟嘗會“扶老慈幼”的使命深深吸引。

2006年，她受邀加入孟嘗會董事局。儘管彼時公務繁忙，

家庭事務纏身，但她依然秉持著一顆堅韌而溫意的心盡力投入各項服務。“雖然那時能擠出的空閒有限，但我覺得這份使命很有意義。每次看到長者和孩子的笑臉，就頓時覺得累困全消。”她樸素地笑著回憶道。

結緣孟嘗會十年後的2013年，當時該機構要物色新任的行政總裁，而黃何潔儀也在這次良機中迎來了人生的重要轉折。她毅然決定放棄優渥的待遇，離開已經耕耘20餘年的銀行業，更換賽道全職投身慈善事業。

挑戰與機遇同在，膽識與擔當同源

接棒孟嘗會行政總裁席位的黃何潔儀在上任之初就深切地知道那時的嚴峻挑戰：政府撥款有限，長期護理床位輪候名單超過8,000人，傳統籌款模式難以為繼。除了繼續在社區籌款外，更進一步推動“永久居住權”長者大廈，令退休人士有一個愉快健康的居住環境之餘，亦為孟嘗會增加儲備，以作發展長期護理中心的資金。

與此同時，孟嘗會繼續與政府密切合作，四年內便新增了1,472張長期護理牌照。“精准”是實幹家們常掛心頭的準繩，新建護理院實現單人單間，更改善私隱度及提高防疫功效。“尊嚴不是奢侈品，而是每位長者在晚年時應該享有的權利。”

在黃何潔儀的掌舵之下，孟嘗會的長期護理床位從475張增至現時的777張，並有544張床位在建，預計總數達到

1,321張。與此同時，還興建了超過1,600個長者可負擔永久居住權單位，整個機構每年為約4,500位長者與1,400多名學生提供各類服務。這些數字的背後，是無數生命的改變——讓長者安享晚年，讓青年紮根文化，讓社區更加緊密。

疫情大考，暗夜中的堅守

2020年復活節，新冠疫情席捲多倫多。孟嘗唐人街D'Arcy安老院成為重災區，多位高齡院友確診，員工亦受感染，防護物資極之短缺。“那晚我站在空蕩蕩的走廊，第一次感到心臟懸空了許久。”黃何潔儀講述著那年的“封城大考”，仿如昨昔。

危急時刻，雖然按政府規定關閉寫字樓，她就在士嘉堡院舍上班，與前線員工一同奮戰：發動華人社區籌募應急資金購買及募捐防護設備；更租用酒店供員工隔離；手機24小時開機隨時接應各院的突發情況……“那段時間裡，很多同事都是和我一起加班加點，而他們自己家裡的防護物品不夠，卻也根本無暇照應。”提及此事，黃何潔儀依然會眼眶泛紅。

這場疫情是考驗更是契機——它催生出了後續的系統性變革。新建護理院配備獨立通風系統……“疫情教會了我們，真正的守護需要制度保障，更需要人性的溫度。”

夕陽無限，朝陽可期

扶老慈幼是孟嘗會貫行了60年的服務理念，黃何潔儀作

為大家長，最幸福的時刻並不是看到數字的增長，而是讓長者有尊嚴地微笑，讓少年有根脈地成長。在孟嘗的事業版圖裡，除了有著尊重長者的長期護理院、永久居住權單位、私家護理外，還有青少年的中文學校、義工服務中心，甚至還有孟嘗自建的Red Panda龍舟隊。她深信，傳統不是博物館裡的孤零展品，而是一條活躍的流動河流。對黃何潔儀來說，培養年輕一代對中華文化的認同感，是華社繁榮不可或缺的一環。她始終強調，即使華裔新一代不一定能流利地講中文，但至少要瞭解自己的根，瞭解屬於華人的文明之美。

尾聲：

在黃何潔儀多倫多的家中，陳列著數十件她親手做的面塑作品：綻放的牡丹灼灼其華，錦鯉的鱗片纖毫畢現。她打趣說道：“壓力大時就揉麵團，調顏色，做面塑，這是我多年的私藏解壓方式喔。”

這種將柔軟化為永恆的藝術，恰似她的人生注解。丈夫退休後成為黃何潔儀最堅定的後盾，寶貝女兒也已繼承了她的果敢——中學時便索要電腦自學程式設計，如今已是一位資深電腦程式設計師。家人們也受到黃何潔儀的感召，時常參與到扶老慈幼的公益活動當中。他們深信，慈善是一棵茁壯成長的參天大樹，在樹蔭下的少年與長者們不斷地提醒著，關愛需要傳遞，暖陽長留心田。

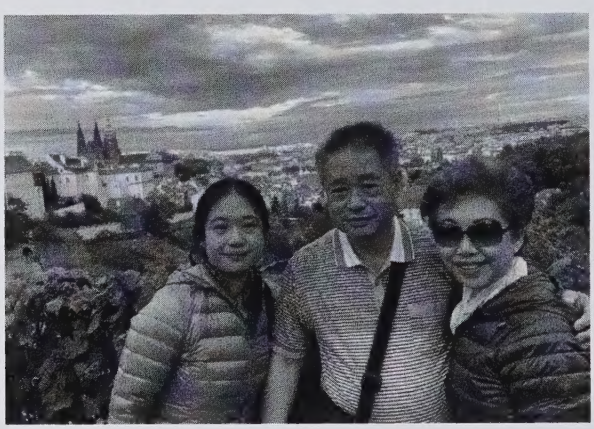
Christmas with daughter in Hong Kong

Family photo time!

Baltic cruise memories with family

Niagara Falls adventure with parents, husband, and daughter

Gala dinner with daughter



Eastern Europe travel with family

Mon Sheong Foundation 60th Anniversary "Walk and Fun" with the team

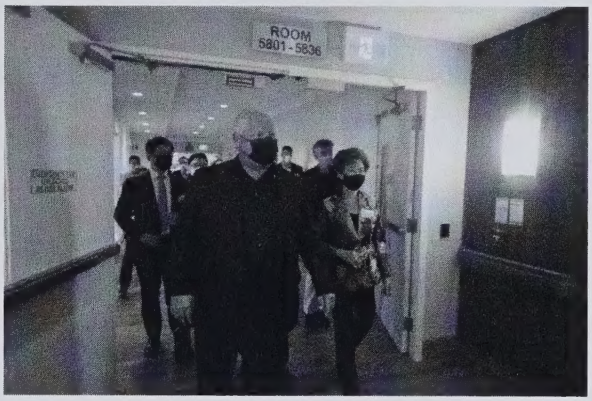
Team photo with Mon Sheong Scarborough Long-term Care Centre staff

Received King Charles III Coronation Medal from The Honourable Edith Dumont, Lieutenant Governor of Ontario

Received Queen's Platinum Jubilee Commemorative Pin in 2022

Release Mon Sheong 10-year Development Plans on Senior Care Services in 2018

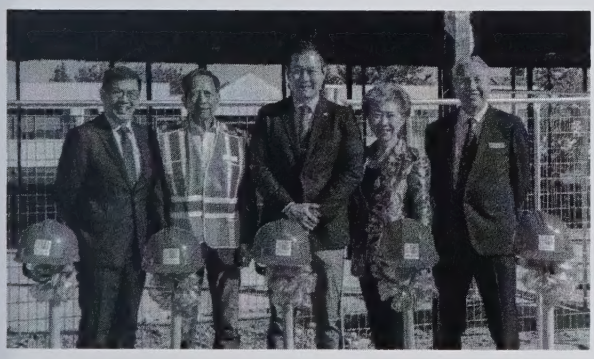
Mon Sheong Cathay Ball – An evening in Shanghai in 2010



Touring the new Mon Sheong Stouffville Long-term Care Centre with Premier Doug Ford

Markham Mon Sheong Court Roof Topping Ceremony in 2016

Mon Sheong Stouffville Long-term Care Centre Groundbreaking Ceremony - with MPP Paul Calandra, and Stouffville Mayor Iain Lovatt in 2019



Mon Sheong Markham Long-term Care Centre Groundbreaking Ceremony – with Minister Stan Cho in 2023

Photo with staff team during COVID

Stephanie Wong: Shielding the Sunset, Tending the Dawn

In Chinese history, Lord Mengchang (Mon Sheong in Cantonese) is remembered as a symbol of benevolence and generosity. In Toronto, that legacy is carried forward by Stephanie Wong, who has led Mon Sheong Foundation for over 12 years, transforming this 60-year-old service organization into one of the largest Chinese charitable organizations in Canada. What defines her leadership is a gentle yet resolute strength—the kind that comes from crossing continents, facing adversity, and earning confidence through lived experience. From the bustling streets of Hong Kong to the wide open space of Canada, and from the high-stakes world of banking to the deeply personal realm of community care, her journey has been shaped by resilience, compassion, and a clear sense of purpose. It's a life marked not only by achievement, but also transformation.

Eldest Sister's Role and Memories of Hong Kong

"I'm the eldest of four, with three younger brothers," Stephanie begins, recounting her early life in 1960s Hong Kong. Her parents had moved there from mainland China; her father ran an import-export business, while her mother managed the household. As the eldest daughter, Stephanie quickly learned to balance school and home responsibilities: "After school, I had to help take care of my brothers before I could start my homework." This early sense of duty taught her the weight of responsibility long before many of her classmates experienced it.

Her father's "build from scratch" journey deeply influenced her. "He often told us: 'If you want something, go earn it yourself!'" This practical mindset defined Stephanie's growth. Perhaps influenced by her father's business experience, the logic and rhythm of the commercial world naturally appealed to her. After graduating from Hong Kong Polytechnic in Business Administration, she began her career at HSBC, the largest financial institution in Hong Kong. With her sharp skills, she quickly became one of the fastest-promoted new hires. "I liked the challenge of international finance—it's like solving a complex math problem."

In 1989, Stephanie immigrated to Canada with her husband and their daughter—a move that meant rebuilding her career from the ground up. During those early winter months in Toronto, she spent four hours daily commuting between Scarborough and Mississauga. "Taking the bus, subway, and shuttle through the snow, I often asked myself: why did I leave the comfort of Hong Kong for this cold, unfamiliar place?" But her father's words echoed in her mind: "If you give up every time work gets hard, the next job may be worse. What matters is whether this job helps you grow."

From Finance to Philanthropy: A Calling Answered

At HSBC Canada, Stephanie's persistence paid off. She rose through the ranks, leading various units from retail to commercial banking and private client services. As the head of private client services nationwide, she traveled frequently to Montreal, Vancouver, Calgary, Edmonton, and Toronto—developing leadership skills and strategic insight that would become invaluable.

In 2003, while already a senior executive, Stephanie's connection with Mon Sheong Foundation began through volunteer work at fundraising galas. Initially, she simply wanted to help, but she quickly found herself drawn to the Foundation's mission: Caring for the elderly and nurturing the young.

In 2006, she joined the Foundation's board of directors. Though juggling a demanding job and family, she fully dedicated herself to the role. "Time was tight, but I felt this mission was meaningful. Seeing the smiles on seniors' and children's faces reenergized me completely," she recalled with a modest smile.

A decade later, in 2013, the Foundation sought a new CEO. Stephanie saw an opportunity for a major life shift. She boldly left the lucrative banking world she had thrived in for over 20 years to commit herself full-time to the non-profit sector.

Challenges and Opportunities: Vision with Courage

As she stepped into the CEO role at Mon Sheong Foundation, Stephanie was keenly aware of the daunting landscape: limited government funding, over 8,000 seniors on long-term care waitlists, and the challenges in fundraising.

With courage and vision, Stephanie worked with the Mon Sheong board to further develop the "Life Lease" projects, enabling Mon Sheong to increase its surpluses as equity to expand long-term care services. The Foundation also deepened liaison with the government, securing 1,472 new long-term care licenses within

four years.

True to her practical spirit, she advocated for precision and science in designing eldercare spaces, improving level of privacy and more importantly enhancing infection protection and control with ensuite private rooms for new long-term care homes. "Dignity isn't a luxury—it's a right every senior should have in their twilight years."

Under her leadership, the Foundation's long-term care capacity grew from 475 to 777 beds currently in operation, with 544 more under construction—bringing the total to 1,321. She also oversaw more than 1,600 affordable life lease units for seniors. Altogether, Mon Sheong now serves roughly 4,500 seniors and over 1,400 students annually. Behind these numbers are lives transformed—elders living with dignity, youth rooted in culture, and a stronger, more connected community.

The Pandemic Test: Holding the Line in the Darkest Hours

Easter 2020 marked a sobering chapter, as COVID-19 swept through Toronto. The Mon Sheong Home For the Aged in Chinatown's D'Arcy Street became an epicenter: elderly residents and staff tested positive, and PPE supplies were nearly depleted.

"I stood in the empty hallway—it felt like my heart was suspended in mid-air," Stephanie said, recalling those lockdown days as if they were yesterday.

Amid the chaos and closure of the offices as required by the government, she worked at the Scarborough Long-Term Care Centre and stood shoulder to shoulder with frontline staff: she mobilized support from the community to raise emergency funds and donations for PPE, rented hotels for staff quarantine, and kept her phone on 24/7 to respond to crises. "The team worked overtime with me, even though their own homes lacked PPE. They had no time to care for themselves," she said, eyes welling up.

The pandemic was both a crisis and a catalyst. Stephanie implemented lasting reforms: emergency PPE supply reserves and new care homes with independent ventilation systems. "The pandemic taught us that real protection requires changes at both systems and human levels."

Caring for the elderly and nurturing the young : A Vision Fulfilled

For 60 years, Mon Sheong Foundation has upheld the mission to care for the elderly and nurture the young. As its leader, Stephanie finds true fulfillment not in rising statistics but in seniors smiling with dignity and youth growing with cultural roots.

Beyond eldercare, the Foundation runs Chinese schools, youth volunteer programs, and even its own Red Panda Dragon Boat Team. Stephanie firmly believes that tradition is not a dusty museum artifact, but a living river of culture. For her, cultivating cultural identity among younger Chinese generations is vital. Even if they don't speak fluent Chinese, she insists, "They should still

understand where they come from—and the beauty of Chinese civilization."

Epilogue

In Stephanie's Toronto home, dozens of handmade dough sculptures are proudly displayed in the form of blooming peonies and detailed koi fish. "When I'm stressed, I knead dough and make these. It's been my secret stress relief for years," she laughs.

Transforming something soft into something lasting—this is the metaphor of her life. Her retired husband now stands by her as her greatest support, and their daughter, who taught herself programming in high school, is now a senior software developer . Inspired by Stephanie, the whole family often joins her in charity work. They believe that philanthropy is like a towering tree: under its shade, children and elders alike remind us that love must be passed on, and its warmth kept in our hearts.

Master of Ceremonies
Chinese Canadian Legend Award Gala
Ying Lu

Dr. Lu graduated from Queen's University with M.D and M.Sc in 1994. Dr. Lu completed her five-year Ophthalmology specialty training at the Department of Ophthalmology at the University of Toronto with six months Glaucoma subspecialty training under leading glaucoma specialists Professor Graham Trope and Professor Yvonne Buys at Toronto Western Hospital.

Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada. She is also a member of the Canadian Ophthalmology Society and a Diplomate of the American Board of Ophthalmology.

Today Dr. Lu is the Head of the Ophthalmology Division at the Scarborough Health Network and an assistant Professor at the University Of Toronto. Dr. Lu is fluent in English, Cantonese, Mandarin and Shanghainese.

On August 24, 2015, Dr. Lu performed the first Laser Cataract surgery at the Toronto Scarborough Hospital, the first Laser cataract surgery done in an Ontario Province Public Hospital. Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic in Toronto. She was one of the first ophthalmologists in North America to implant multifocal intraocular lenses (IOLs).

In addition to her clinic and surgical practice, Dr. Lu is an professor at the Faculty of Medicine and the Department of Ophthalmology and Vision Sciences at the University of Toronto where she teaches the next generation of ophthalmologists and physicians . Dr. Lu received the University of Toronto MD Program Teaching Excellence Award in recognition of her outstanding teaching for two consecutive years of 2019 and 2020.

In addition to practicing ophthalmology and teaching, Dr. Lu regularly volunteers for the community including the ORBIS international Flying Hospital, SHN Foundation, Canadian Chinese Legend Association, Annual Canadian Cancer Society fundraising Galas, CareFirst Seniors & Community Service Association, the Mount Sinai Hospital ophthalmology outreach program and Action Chinese Canadians Together (ACCT) Foundation and other charity organizations for her community and country.

For Dr. Lu's achievements and contribution to Canadian society, Dr. Lu is the recipient of Chinese Canadian Legend Award in 2008. In 2019, Dr. Lu was awarded the Ontario Volunteer Service Award by the Ontario Government for her long-standing volunteerism. In 2022, Dr. Lu received Queen Elizabeth II Platinum Jubilee Award for her outstanding public service and significant contribution to the community. In 2023 , Dr . Lu served as Member of 5 Judge panel for Miss Chinese Toronto Pageant competition. In Sept 2024, Dr. Lu was selected to be an esteemed Senior Fellow of Massey College in University of Toronto.

Master of Ceremonies
Chinese Canadian Legend Award Gala
Glenn Chan

A long-time volunteer for various charity causes in the community over the past two decades, Glenn is now a full-time volunteer dedicated to helping different charity organizations, including Buddha's Light International Association of Toronto (BLIA of Toronto), Golden Daffodil Chinese Outreach (GDE CCO), Fu Hui Education Foundation and Chinese Canadian Legends Association (CCLA).

Educated in Canada from high school to University as a foreign student, he returned as an entrepreneur immigrant in 1993 and established a successful business here. Yet, he believes in integrating his faith into daily life through kindness, compassion, and sharing with others, especially those in need in the community.

He had been the former President of BLIA of Toronto for 12 years, and from 2013 till now Director of BLIA Headquarter. Since 2005, he joined the Golden Daffodil Endowment Fund (GDEF) to help raise funds for Canadian Cancer Society through the Golden Donation Endowment Canadian Chinese Outreach (GDECCO), serving as Fundraising Chair for multiple years, as well as Co-chair for the annual Golden Daffodil Charity Ball.

Glenn's involvement with CCLA started since 2008 when he became an Award recipient. Through the years, he had served in different roles for the Award Gala, including Production Manager and Operation Chair. In his debut as the Master of Ceremony for CCLA Gala this year, he is thrilled about expanding his capacity and exploring new areas to support charity groups.

His dedication has not only earned him the Ontario Volunteer Service Award multiple times; his achievements and exemplary work also made him a role model for the community and the younger generation.

執行編輯 EXECUTIVE EDITOR

鍾蕙蘭 Connie Woo

Connie has been on the Chinese Canadian Legend Award Organizing Committee since 2007.

She is delighted to be working as Executive Editor on this 24th CCLA issue with writers Annie Qin, Ray Tang and Dan Woo.

Connie has been working with community non profits and charities such as Golden Daffodil and Community Family Services of Ontario, serving as their Board Chair for many years. In her professional life, she worked for Toronto Hydro Corporation for thirty years, retiring as their Vice-President of Information Technology and Chief Information Officer. She was also on the Board of Directors at CAA South Central Ontario for twelve years.

This book is a legacy that the Chinese Canadian Legend Association will be leaving behind to future generations: a record of how many Chinese Canadians have worked tirelessly to contribute to our community, to Canada and to the world! While every immigrant story is different, a common thread runs through it: we strive to thrive in a foreign land!

May you all be inspired by their stories as we are!

Connie Woo

作者簡介 WRITER

金綺文 Annie Qiwen Jin

Annie Jin is a freelance writer and translator currently residing in Vaughan, Ontario. With over 20 years of experience in public relations and communications, she has worked in both Chinese and Canadian government sectors, as well as transnational corporate environment.

Throughot her career, Annie has contributed her writings to various media platforms, including Financial Times Chinese, covering a wide range of topics from cultural to social and political issues. Additionally, she has published translation works.

Annie holds a Master's degree in Cultural Studies from Goldsmiths College, University of London, U.K., and a Master's degree in English Language and Literature from Yunnan University, China. In 2002, she was honored as a Chevening scholar.

金綺文目前居於安大略省旺市，從事自由寫作和翻譯。她曾在中加兩國政府部門和跨國企業工作過，在公共關係和傳播領域擁有超過20年的經驗。

她在英國《金融時報》中文網等多家媒體平臺上發表過多篇作品，並出版過翻譯作品。她寫作的範圍涵蓋文化、社會和政治議題。

她曾是2002年英國誌奮領學者，擁有英國倫敦大學歌德史密斯學院的文化研究碩士學位，以及中國雲南大學的英語語言文學碩士學位。

作者簡介 WRITER

楊芮 Ray Yang

Ray Yang holds dual master's degrees in Journalism & Communication and Education from Peking University and the University of Toronto. As a member of the Shanghai Writers Association (China), he has published four books and three audiobooks. His columns and articles — totaling nearly one million words — have appeared in publications including Tianjin's *Tonight News,* Canada's *CC Times*, S*hanghai Weekly*, and *Youth Literature.*

A literary translator, music critic and film reviewer, Ray translated *'What Happens to the Hope at the End of the Evening'*, by renowned British avant-garde playwright Tim Crouch. The production, invited by the British Council, premiered at Shanghai Grand Theatre, Nanjing University, and Beijing Capital Theatre. He has also served as a musician judge on Zhejiang TV's music competition *'the Voice of China'.*

Beyond his professional work, Ray actively engages in philanthropy. He has volunteered as a teacher in remote mountain regions, advocated for vulnerable groups, and participated in planning and organizing large-scale charitable initiatives.

先後畢業于北京大學、多倫多大學，新聞傳播學及教育學雙碩士；中國上海作家協會會員，已出版書籍作品四部，有聲書三部。曾先後在天津《今晚報》、加拿大《加中時報》、《上海一周》、《青年文學》等報刊發表作品及開設專欄，已發表文字近100萬字。

楊芮還是一位文學譯者、音樂及電影評論人。曾翻譯英国知名先鋒戲劇大師蒂姆·克勞奇（Tim Crouch）代表作《等到深夜又如何》。該劇受英國文化協會邀請先後在上海大劇院、南京大學、北京首都劇場盛大公演；還曾受邀擔任中國浙江衛視音樂節目《中國好聲音》音樂人評委。

工作之外，楊芮熱心公益活動，以志愿者身份先後赴偏遠山區支教、為弱勢群体發聲，并積極參與到大型公益項目的策劃與組織工作中。

翻譯簡介 TRANSLATOR

胡堅泰 Dan Woo

Dan K. Woo lived and worked in Hong Kong and Mainland China for over a decade. In 2018, he received the Ken Klonsky Award for his debut book, Learning How to Love China (Quattro Books). His writing has appeared in publications such as the South China Morning Post, Quill & Quire, and China Daily USA.

Dan has taught English at Fanshawe College in London, Ontario, and currently teaches creative writing on occasion at the University of Toronto School of Continuing Studies. Beyond his literary career, he holds advanced certifications in cybersecurity, digital forensics, and incident response, and trained through the Rogers Cybersecure Catalyst.

Dan brings experience from both startup ventures and major corporate enterprises. He is currently based in Toronto, where he serves on the global cybersecurity incident response team at PricewaterhouseCoopers.

Chinese Canadian Legend Award Gala August 17, 2024

Chinese Canadian Legend Award Gala August 17, 2024

Selection Committee Meeting April 3, 2025

Press Conference May 30, 2025

2025 Chinese Canadian Legend Award Recipients:

Christopher Chan
Kenneth Fung
David Maung (Lim)
Linda Lee Oland
Raymond Wan
Stephanie Wong

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砥礪奮進締傳奇
Strive to Thrive

We selected the diamond to reflect this year's theme, as it symbolizes the perseverance and refinement required for success. Just like a diamond is formed under pressure and perfected through craftsmanship, each of our Chinese Canadian Legend award recipients forges their success through dedication and resilience. In these challenging times, Canada must stand strong and united, and what can better reflect this enduring strength and unity than a diamond?

我們選擇鑽石來反映今年的主題，因為它體現了成功所需的毅力和細緻。正如鑽石是經過壓力和精工打造一樣，每位「紅楓傳奇」獲獎者都是憑着堅忍的意志，在逆境中奮鬥成功。今時今日，加拿大必須更堅強和團結，面對種種困難，還有什麼比鑽石更貼切地象徵這種「紅楓」力量呢？